

## SCORE for J.A.D. (Jumping Against Depression)

### Create your own 'Jumping Against Depression' Playlist

1. Create a playlist with songs that will make you want to jump. Whatever you feel might give you energy to continue when your body is getting tired. The playlist should be around 40 minutes long and the first two songs of this playlist will be used as a warm-up and to get your body accustomed to the movement.

#### Get yourself ready

2. Get yourself ready to start with the practice. You will be jumping for roughly 30 mins, so I advise you to put some comfortable clothes on. If you prefer to put the nicest gown on that you have or be completely naked, go for it! Whatever will make you feel better! Putting shoes can be a good option, to take care of your achilles. Also consider if you would prefer to listen to the music from a loudspeaker or from headphones.

#### Get your space ready

3. Make sure that you choose a space where you have some room to move. It doesn't need to be huge, but just make sure not to bump into your furniture or the wall. Prepare it in a way that makes you feel comfortable, maybe turning the light down a bit feels nicer for you? Or you have some special lights that you want to put up? Think about whatever will make you feel great, nothing is too silly.

#### Start with the practice

4. Use the first two songs to activate your body. Do whatever feels good for your own body. It is advisable that no later than during the second song you go into some kind of vibration to get your body ready for the jumping.

#### Get into jumping

5. Start jumping. Vary between different styles of jumping: jumping off two feet (like when you jump with your skipping rope), jumping from one leg to the other or a mix. Around ten minutes into your practice you might have your first energy crash, just continue and let your body accept your new state of being. Let yourself be carried by the beat and the energy flowing and filling your body. When you're finished with your playlist don't stop abruptly but try to vibrate or bounce for a short while, to get your body re-accustomed to the new state.