

How do trauma-informed approaches to physical activity help?

	Intervention	Outcome	Impact
Belonging through connection	<ul style="list-style-type: none"> Group activity + peer support Same staff, same time Time to chat 	<ul style="list-style-type: none"> Trust and community Higher engagement 	<ul style="list-style-type: none"> Stronger motivation Reduced isolation
Agency through choice	<ul style="list-style-type: none"> Flexible activities + opt-outs Participants set pace Co-design in session 	<ul style="list-style-type: none"> Restored control Improved confidence Sustained involvement 	<ul style="list-style-type: none"> Better emotional regulation
Regulation through body awareness	<ul style="list-style-type: none"> Movement + breath Gentle pacing, grateful progression Mindfulness (optional) 	<ul style="list-style-type: none"> Calmer nervous system Body reconnection 	<ul style="list-style-type: none"> Better engagement and decision-making

Recommendations for practice: Creating conditions for change

Co-design with participants	Prioritise safety, consistency and autonomy	Build informal social spaces
Frame as enjoyment and wellbeing (not therapy)	Relatable coaches or shared vulnerability	Accessibility and consent-based touch policy

