

SOME TECHNIQUES

There are many simple techniques that help us feel confident and capable, despite the pressures we are faced with.

Just a few minutes of relaxation or focusing techniques can help us step out of our minds and call our attention to what is happening outside.

STOP technique

S – Stop.

T – The moment to take a breath You should do relaxed breathing and pay attention to your breath.

O – Observe. Pay attention to your thoughts, emotions, bodily sensations, external stimuli ... Be present in this moment.

P – Please move on. For a moment you managed to step out of the action, to look at it from the outside, more calmly and objectively.



TO IMPROVE WELL BEING

Relaxed breathing

Let's shift into a comfortable position. Relax our shoulder girdle and jaw. •

- We start with a full exhale.
 - Inhale into the abdomen, moving the chest as little as possible.
 - Breathe in evenly through the nose and breathe out slowly through the mouth.
- If our thoughts drift elsewhere, we
- gently redirect them back to our breathing.

Exercise 54321

Start breathing in a relaxed way and take a few moments to perform the following steps:

- 5 Focus on **five** objects
- 4 Touch **four** surfaces
- 3 Identify **three** sounds
- 2 We detect **two** odours
- 1 Experience **one** taste

Observation exercise

For a few moments, we observe as closely as possible the object of our choice. We take it in our hands, observe it closely, smell it, listen to it, maybe even taste it. We do this with curiosity, as if it was the first time we came across the object.

If, while doing that, different thoughts or associations arise, we simply notice this and shift our attention back to the object that we keep exploring further.



Gratitude thought

Try to remember one thing you are grateful for today. You can also write down and read thankful thoughts on those days when it seems to be more difficult to express gratitude

