



Cultivating Self – Nature of the Mind

Important skill in any of stress management techniques is also meditation or exercise to witness oneself. The benefits of today's scientifically proven mindfulness techniques are many. Learning the practical tools is also very helpful when we or someone close to us experiencing trauma and its post effects.

Module	Submodules	Group size	Duration
• Intervention	• Stress Management	<ul style="list-style-type: none">• Individual• Small group• Large group	<ul style="list-style-type: none">• 30 - 60 min

Keywords

meditation, introspection, focused attention, concentration, observation

Aims

With this activity we learn to relax the body and emotional tension, how we direct attention by using own senses and learn to know the art of senses withdrawal.

Participants

The activity is suitable for both, individual and group work (adults).

Description

Through practical exercises students learn simple techniques to improve their concentration while at the same time they will be able to see the difference between tense and relaxed state of body and mind. Concentration comprises techniques which help us in gaining control over our mental abilities.

Note: In implementing the exercise, the trainer/teacher should closely follow the steps below:

Step 1: Teacher asks students to form a circle and to sit comfortably. Then he/she asks them to sit straight (yet not stiff) and to let their hands rest in their lap. Once they are settled, they can begin with the exercise.

Step 2: Direct your attention to your natural breathing; concentrate on your breathing in and then on your breathing out (repeat several times!)

Start to become aware of your body sitting in a chair. Relax it consciously. The head e.g. forehead, eyebrows, eyes, nose, ears and chin should be especially relaxed. Relax your chin; shoulders; arms; chest; body; legs. Let your entire body be relaxed; from the top of your head to your feet.

Step 3: To proceed with the exercise, the trainer/teacher selects one of the sound techniques described in the annex to this exercise

Step 4: The trainer/teacher concludes the exercise by stating: Now let's redirect our attention to this room and to us being aware of our body here and now. Now, you can also tighten and relax your body. Slowly open your eyes.

If we are doing this exercise as a group activity then at the end we can encourage a group discussion of the impact of the mindfulness on our well-being. We also give space for participants' feedback. Wrapping.

Material

No needed.

Method

Self-awareness technique, experiential learning.

Advice for Facilitators

The trainer/facilitator should pay attention to give instructions using soothing voice, simple and clear sentences and appropriate speech modulations.

Take into consideration that the mindfulness exercises should be done at least an hour and a half after the last meal.

Source (APA)

Adapted from:

Altman, D. (2014). *The Mindfulness toolbox*. Eau Claire, WI: PESI Publishing & Media, Inc.

Bercko, S. (1998). House of the Sun (Introduction to meditation). Audiotape. Velenje: Lumina.

Handouts

Download the handout from the documents or from the link [here](#).

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