

3.1 Getting started: Grounding

Please consider the following instructions as an invitation. You can follow the instructions and participate in the exercises, if you want to.

You are always in control of what is happening during the exercise.

You can close your eyes during the exercise – this will help your concentration and focus. If you don't want to close your eyes, keep them open and focus on any point in front of you in the room.

Please find a comfortable and relaxed sitting position.

Make sure that your feet are comfortable and both are touching the ground.

Make sure that your body is in a relaxed position.

Your back is touching the back of your chair.

Your hands and forearms are resting on your upper legs without any tension.

Feel free to adjust your sitting position, until you'll have found a comfortable way to sit.

3.3 The Bodyscan

Now, I would like to invite you to a further exercise.

Here, you will be able to experience your body and its single parts with mindful attention– it's called the **Bodyscan**.

If you want to, you can imagine mindful attention like a gentle spotlight that can shine attention anywhere in the body.

You are in control of the exercise – Notice what is good for you.

Start by focusing your attention at the top of your head - notice the top of your head mindfully.

Notice what you can feel there.

Does it feel comfortable or not?

Does it feel warm there or cold?

Or can you feel nothing there at all at the moment?

Everything you feel is okay. There is no right or wrong.

If you are doing this exercise for the first time, or aren't used to it, it may be easier if you focus your attention along the outside of your body. You can also try to direct your attention inside and outside of your body - Notice what is good for you.

Now bring your attention to the back of your head. Keep in mind the back of your head and what you can feel there.

Then, go further to your ears,

your forehead,

your eyes.

Mindfully focus on your cheeks,

your nose,

your mouth,

and on the little part between your mouth and your nose.

Then focus on your chin and notice what you can feel there.

Does it feel comfortable?

Does it feel warm or cold there?

Or can you feel nothing there at all at the moment?

Then, mindfully focus on your throat and neck.

Now, please turn your attention to your shoulders. Mindfully notice your shoulders. Let your shoulders become soft.

Then, mindfully direct your attention to your upper arms and notice the sensations in your upper arms.

Mindfully notice your lower arms,

your hands,

notice if they are tense or tight - if you want to, see if you can allow them to soften.

Then, notice your arms and hands as a whole, down from your shoulders to the tip of your fingers.

Now, be aware of your trunk, start with your back following your spine down from your neck to your tailbone. Vertebra for vertebra.

Then, notice the front of your body, start with your chest.

Bring mindful attention to your whole belly.
Then, to your pelvis and hips.

Notice your legs with mindful attention, beginning with your upper legs.
Notice your knees,
your lower legs,
your feet.

Then, be aware of your feet and legs as a whole, starting from your hips down to the tip of your toes.

Now, complete this exercise by imagining breathing in through the top of your head and letting the air leave your body again through your feet.

Now take another few deep breaths.
Breathe in.
Breathe out.

3.5 Coming back to the here and now

When you are ready, slowly start bringing your attention back to the here and now, take all these good feelings with you to the present. They are stored in your body.

And now silently tell yourself that you will slowly finish this exercise.
Please take a deep breath.

Bring your attention back into this room.

Feel your body sitting in the chair, your arms touching your legs, and feel your feet touching the ground.

Stretch & move your arms and legs. You can also clench your fists, if you want to, or you can stand up and shake your arms and legs a little.

If you haven't done so before already, please, open your eyes, look around the room, and notice all the little things in this room.

Notice the new feelings of strength and energy in you.