

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.

3.2 Breathing

We will start with some breathing exercises now:

Please take a deep breath through your nose.

Thereby, let your shoulders slouch downwards.

Feel your belly rise up when you take a deep breath of air through your nose.

Slowly breathe out through your mouth and mindfully notice your breath as you exhale.

Notice how your belly goes down again.

If you want to, put on one of your hands on your belly to follow the movements of your body during breathing.

And now, focus your attention on your breathing again by taking a deep breathe through your nose and exhaling through your mouth, smoothly and steadily.

Feel your whole body relax more and more.

Notice how your body is breathing and gently moving.

Notice how your chest is gently going up and down.

Notice how your belly is gently going up and down.

And, if you focus closely, you will sometimes be able to notice the little movements of the wings of your nose.

Keep all these movements of your body in mind for a few moments.

With every breath you take, a feeling of peaceful rest and comfort flows through your body. Every time you breathe out through your mouth, feel how all stress and tension is leaving your body.

Notice how you become more and more relaxed and settled. Maybe, you are able to feel a pleasant feeling of warmth or heaviness or a refreshing feeling of coolness.

You can intensify this inner feeling if you concentrate on your breathing again: Take a deep breath and breathe out slowly and easily.

When you notice your thoughts wandering, gently and kindly return your attention to your breathing again.

Take a few more 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.