

Relax during learning breaks!

You feel emotionally burdened, stressed or physically tensed up?

Activating shaking, palpitating and stretching exercises contribute to physical relaxation and to the reduction of a negative state of mind. Physical exercises are very suitable for learning breaks and help to reduce negative circling of the mind.

Change the posture



Solid stand and straightening up the upper part of the body

Stand up, the legs at shoulder width. Be attentive to take a straight posture. Lift your breast and tighten the glutes and the abs.

Raise your head

Raise your head, straighten up your neck and lift the chin.

Close your eyes

Feel your body and realize how you perceive the new body posture.

Shake your body

While jumping on the spot, shake your entire body, your arms, your legs and the upper part of your body. Thus, you loosen external and internal tensions. During this exercise, imagine how you get rid of your physical tensions and mental concerns.

Do the Jumping Jack!



Activate your body by doing the „Jumping Jack“! Stand upright, feet next to each other, the palms show outwards. Jump and spread the legs, while you bring together your straight arms above your head. Return to the starting position. Repeat this exercise ten times.

Palpitating the body



Palpitate – beginning with the left arm, right arm, left leg, right leg – your body. Repeat the exercise 2-3 times.

Finally, palpitate your breast area and breathe slowly and regularly.

Stretching exercises



Stand upright, close your arms above your body into a grand circle. Stretch your body attentively and move the circle to the left and the right, until you can feel the stretch.

Stretching exercises for the neck



Sit down comfortably. Lay your chin onto your breast. Circle with your head several times from the left to the right. Finally, lift your shoulders, tighten them and release them again.

Massage



After those activating exercises, briefly massage your shoulders and your neck. Finish the bodywork by attentively perceiving your physical sensations. With a breathing or attentiveness exercise, you can deepen your internal calm and relaxation.

Calm breathing, attentive smiling



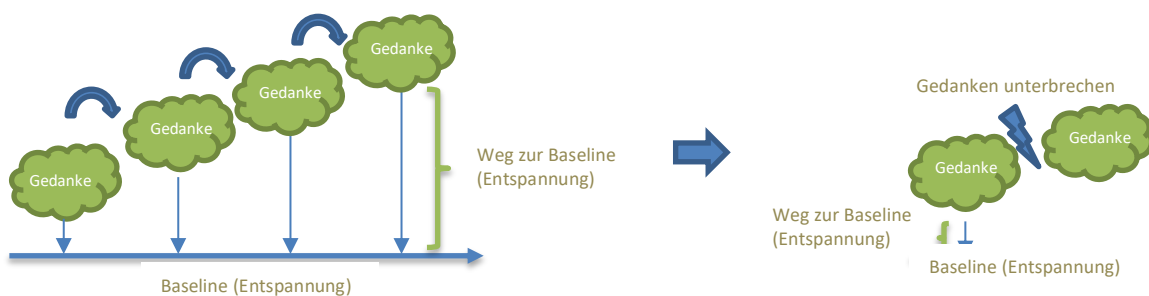
Focusing on the breathing

Focus on your breathing, feel, how the air flows into your body and leaves it again. Inhale deeply several times, counting „from 1 to 2“ and intentionally breathe out longer, counting „from 3 to 6“.

Attentive internal smiling

Finish those exercises by closing your eyes and drifting to an internal smile. Lift the corners of your mouth and perceive, how the smiling effects your mood!

Stop the circling of the mind



Continuous pondering and negative circling of the mind becomes a strain if you cannot control the worrying thoughts any longer. First, try to rationally analyse the cause of your disturbing thoughts. Thus, a basic problem is not suppressed any more and causes even more distress. To calm yourself down, breathing, attentiveness, imagination and body exercises can be helpful. The following exercises represent techniques by which you can perceive and interrupt the emerging of negative thoughts in time. If this self-help does not work, you should consider seeking psychological help.

Attentiveness

Goal: Internal calm and distancing from problems

Mind Full vs. Mindfull



Sit down at an undisturbed place and consciously take the time for yourself. Focus on the fact that you are breathing. Take 2 to 3 minutes for that. Feel, how the breath flows into your body and leaves it again. Only focus on that. Let all emerging thoughts pass by like clouds in the sky. Perceive them without evaluating or retaining. Should they return, perceive them calmly. Try to be completely value-free. Focus again on the breathing and see your thoughts through again. Repeat for some minutes.

Stop the carousel of thoughts

Goal: spot and stop negative thoughts



While jumping on the spot, shake your entire body, your arms, your legs and the upper part of your body. Thus, you loosen external and internal tensions. During this exercise, imagine how you get rid of your physical tensions and mental concerns. After the exercise, formulate positive sentences or goals, write them down in a short and concise sentence or draw a picture/a symbol that you remember every day.

Stop of thoughts

Goal: spot and stop negative thoughts



Close your eyes and imagine your undesired thoughts. As soon as it comes up, speak out the word „Stop!“ loudly or visualize a stop sign. The thoughts should be stopped and interrupted with focused attentiveness. Try to focus your mind on something else. Repeat this exercise and apply this technique whenever undesired thoughts emerge.

Imagination exercises

Goal: Reinforcing internal resources



Close your eyes and focus on your breath. Imagine with all your senses to be at a beautiful place (at the seaside, for instance – you feel the sand below your toes and the warm sunrays on your skin and listen to the waves). At this place, you can be completely yourself. Perceive these comforting feelings and allow yourself to feel the calmness.

Limit negative thoughts



Goal: replacing negative thoughts...

...by positive ones

Consciously think of your negative thoughts and the feelings connected with them. Then, abruptly end this imagination by mentally letting a movie flap.

Breathe in and out several times. Then, imagine the opposite of the negative thoughts. Let a positive image come up and consciously perceive the emerging feelings.

Tension and relaxation



Tension and relaxation of muscles

Slowly breathe in and try to tighten as many muscles as possible. Briefly hold your breath. Then breathe out slowly and let loose. The tightening causes blood to be pumped into the muscles. The relaxation makes the vessels wider, allowing more blood to flow. This causes a comfortable sensation of warmth and gravity. When loosening your muscles, also let go of undesired thoughts. Repeat this Tension-Relaxation in combination with breathing in and out about five times.



Perception of positive thoughts

Remain seated/lying with your eyes closed for about 2 minutes and feel the warmth of your body.

Journey of thoughts

Think of something comforting (positive memories, beautiful places).

Taking back

Then stretch and finish the exercise.