



LISTENING PARTNERSHIP

Experiential education



N° of pax 2-50



indoors | outdoors



10-30 mins

group dynamics | challenge



PURPOSE

FINDING PERSONAL RESOURCES

- connection
- listening & witnessing
- recognizing and sharing thoughts and feelings

MATERIALS

- comfortable chairs/pillows
- timepiece (smartphone or watch)
- sound object (singing bowls, etc)

PREPARATION

- Quiet location, either a suitable room or a place in nature.
- Only brief participants carefully about what theme to choose, if they are not yet a well performing group - not to start with a deep, personal drama.

INTRO

* This is an activity of Listening partnerships, that can give a chance to learn from our experience and honour our own thoughts, feelings and goals.

* This activity is very simple and can be applied at any time in a course, or can be introduced in personal / work life.



STEPS

- 1.** The facilitator divides the group into pairs. For the first trial each pair has 5-5 minutes to work together. For practicing they can choose a topic that is important but not their most serious personal drama (eg. divorce), but it should be more interesting than what they ate for dinner last night. The facilitator emphasizes that the biggest gift we can give each other in our everyday life is to listen, our uninterrupted attention is a gift for the other. If we become aware that our focus wandered somewhere, recognize it and come back to listening. It is not easy not to react, this is the challenge for us as a witness/listener.
- 2.** (5 min/ each) The first person starts to talk about anything they are busy with, even if then it's ok to shift to another theme that comes up within these 5 minutes, the point is just to talk, to share all the thoughts and emotions that are relevant here. The partner is focused on listening, and not to jump his/her thoughts relevant to the sharing, but instead just be with the other person and keep the space for listening. No judgement, questions and analysis is given by the listener, not even saying "yes" or "aha". The facilitator signals the end of 5 min and the partners exchange roles.
- 3.** At this point, they can either stay with the same partner or they find a new one in the group. It is advisable to switch to someone else, so there is no story influence in the new round. The facilitator asks the new pair to shake themselves off a bit, to let go of what happened previously, and be available to start fresh in the new round.
- 4.** (5 min/each) In the new round the other person has the challenge to talk for 5 minutes entirely about their topic and the other person's challenge is again to listen to it.
- 5.** The facilitator gather everyone in a circle to share and reflect on the experience with the activity

REFLECTION

- How was the experience with the different roles for you?
- What new insights/discoveries did you gain through this activity?
- How do you think this activity can contribute to resilience building?

COMMENTS

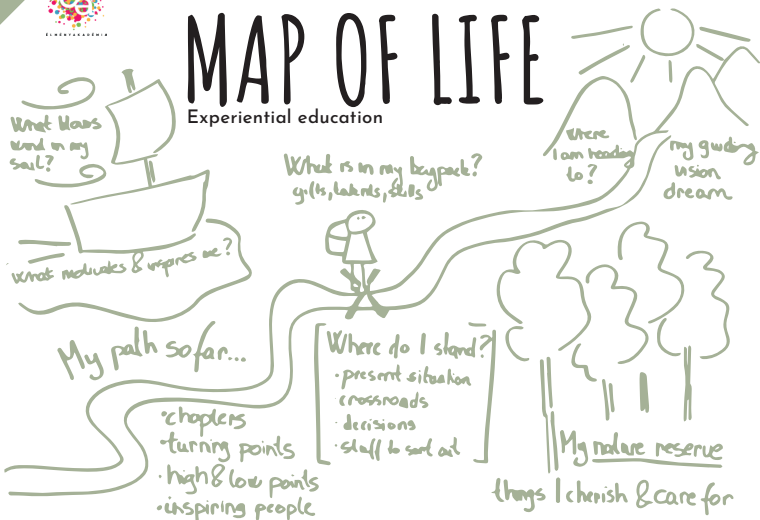
- Variation: The sharing can be longer up to 30 min each partner, 5 minutes is only an appetizer. There is a phenomenon that after 20 minutes, our conscious mind gets a bit tired very interesting themes (thoughts, emotions) emerge, that are usually very powerful sharing supporters.
- Sometimes, if there is a nice atmosphere in the group, they can be physically connected, holding hands and facing each other.
- Suggestion: you can invite participants to continue this activity in their workplace, family or circle of friends or to choose a supporting partner and meet them occasionally and see the results in the long run.

LISTENING PARTNERSHIP



MAP OF LIFE

Experiential education



individual



art expression



indoors



2 hours

PURPOSE

SELF KNOWLEDGE

- harvesting and letting go
- resources
- visioning

PREPARATION

- Find a cozy place to hide for 2 hours.

INTRO

* Map of Life is an excellent activity for summarizing your life path so far and also finding resources to envision/look into your future and work on your resources for further resilience.

MATERIALS

- A3 or flip chart paper
- colorful pens, pencils, crayons or paints
- background music

STEPS

1. Have a look at the base picture that serves as a guidance for you (below). On this drawing you can see the following symbols and instructions:

- Sail boat: What blows wind in my sail? What motivates and inspires me? On sunny and stormy days, it is always there with you and available for moving you forward - what or who are these?
- My path so far (past): Chapters, turning points, highlights and low points, inspiring/influential people. If you feel it is too painful for you to spend much time here, just jump to the present or whichever part is calling you.
- Person with a backpack (present): Where do I stand? The present situation, crossroads, decisions, stuff to sort out. What is in my backpack? gifts, talents, skills and competences. You can fill in the empty figure with emotions and resources you have. Please spend time with what gifts you have - given or learned - and do not miss any single part, this is your most precious resource base.
- Mountains (future): Where am I heading to? My guiding vision and dream. Dream big, no one limits you, see what is emerging even without a trace in the present, but what is a life or wish you really want to live.
- Trees, my nature reserve: things that I cherish and care for, things that are sacred for me. Values and people (friends, family, role models) you believe you would never let go, they create your natural reserve where you can recharge yourself

2. When drawing it is recommended to use symbols, colours and any significant form that is meaningful for you, but not words. Maybe after you finish, you can put some keywords on it. Allow your hands and imagination to "dance", and do not go for "realistic" dreams but dreams and life you really want to live.

MAP OF LIFE

REFLECTION

- What was the most easy/difficult part for you to look at?
- What are your most important resources that lead to your future dream?
- What is your favourite part of your drawing?

COMMENTS

- The time that is given is pretty long, also the size of the paper is quite big. This is all to support your diving in and spending meaningful time looking back.
- It is a drawing activity but it is not about beauty or art for itself.



SOLO IN THE FOREST

Experiential education



individual



reflecting



outdoors



1-3 hours

PURPOSE

SELF KNOWLEDGE

- resource mapping
- life planning
- visioning

MATERIALS

- notebook & pen
- sleeping mat, blanket
- clothing proper to weather
- snack & water

PREPARATION

- Find a nature place - forest, natural places, beach - where you can feel safe to sit for a long time. Use a sleeping mat, blanket or sit directly on the ground if dry.
- If you do it alone, it is nice to tell somebody in advance that you are out, and you can keep a watch with you so you know when time is up. Smart phones are not recommended, only in flight mode.

* INTRO

Solo is a very classical outdoor activity with which we colour our learning experience. Here the challenge is to sit in silence and look inward for several hours, alone.



STEPS

1. Find a spot you like in the forest that is hidden, and not many people visit the place when you want to be alone there
2. You can tune into the forest and find a tree that is significant for you or you are attracted to. Make a comfortable seat there and, if possible, do not leave the 5-meter diameter of this spot for the coming 3 hours.
3. Sit in silence, watch the forest and hear the sounds of all the living beings around you, then start to look inward.
4. Prepare a notebook and a pen and try to answer the following questions in the coming 3 hours (these questions are given to the participants in advance so they can easily follow)
 - How are you now? How do you feel?
 - How would it be the most useful for you to spend these 3 hours?
 - "Let's pretend you have magical powers to make the future exactly how you want it to be. What will be happening in your future?" Please describe it in every possible detail - where are you, what are you doing, who is with you, how do you and your environment look like - you can even make a drawing about it.
 - You have three wishes. What can you do to start the magic in yourself? Please identify the first steps toward it.
 - Imagine that you are one of your good friends. What piece of advice, about the first tiny little step towards what you want, do you give yourself?

REFLECTION

- How was this experience for you?
- In what way, if any, was it challenging for you to spend a couple of hours alone looking inward?
- During this solo period of time, what kind of resources did you recognize in yourself that can support your resilience?

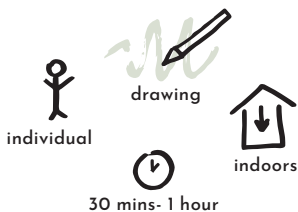
COMMENTS

- Another option for this activity is, when participants compose a letter to themselves with the answers of the given questions. This they put in an envelope adding their address and the envelopes are posted to them within 3-6 months after the training/workshop.

! ! !
SOLO IN THE FOREST ! ! !

THE TEAM INSIDE ME

Experiential education



PURPOSE

- SELF KNOWLEDGE

MATERIALS

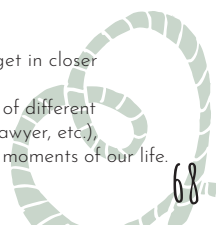
- white paper
- pencils, colors, pens

PREPARATION

- table and chair or flat ground for drawing
- soft, meditative music in the background can help the process
- create and emotionally safe atmosphere

INTRO

- This activity is a self reflective task, which enables you to get in closer contact with all the characters inside your personality.
- This activity is based on the theory that we are a collection of different characters (teacher, policemen, counselor, mother, activist, lawyer, etc.), which are guiding our behaviours and decisions in different moments of our life.





STEPS

1. Find a quiet place where you can draw and write.
2. Spend around 20 to 30 minutes trying to find and name the team of characters inside you.
3. Draw yourself as a self portrait containing all these characters. Stick figures are the easiest, but you can be as creative as possible and use your imagination.

REFLECTION

- How can you describe the picture?
- What did you find challenging in this task? How did you overcome these challenges?
- How would your team act in a difficult situation? Which characters are stronger, and which ones have less influence? How can you train some of these characters to become more influential?



COMMENTS

- Use the activity at the end of a longer program, so the facilitator first has a chance to observe the actions, reactions, behaviours of the participants and to balance emotionally difficult situations if necessary.
- This kind of work can bring up a lot in participants, so be mindful of what kind of group you might offer it to. Before the activity make sure there is trust in the group.



THE TEAM INSIDE ME

TREE SELF DISCOVERY

Experiential education



individual



drawing



outdoors | nature



30 min

PURPOSE

SELF KNOWLEDGE

- connection with nature

MATERIALS

- white paper
- colors

PREPARATION

- forest part with nice trees and a comfortable path, not too dense vegetation

INTRO

In this activity you will work with past, present and future using the metaphor of a living tree.



THE CLOUD STORIES

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors | outdoors



photography | writing



30 mins



PURPOSE

DEVELOP IMAGINATION:

- transform your image into words
- improve your expressive ability & self esteem
- improve the relationship with yourself and others

MATERIALS

- towel, mat, cushion, blanket to use in case the weather is cold
- camera or smartphone
- paper & pen
- (optional) voice recorder or smartphone

* PREPARATION

- * Find an outdoor space that is big enough to sit on the ground and find the most comfortable way possible to lay on the ground and look at clouds, if you are indoor then choose a window from where you can see the sky.
- * Choose a day when clouds are in the sky.

INTRO

This is an activity that starts with an imaginative phase and arrives at the creation of a written story. This technique is based on the principle that art helps us to show parts of ourselves outside, which we often have difficulty expressing. Writing imaginary stories is an art form that allows us to externalize our personal lives, because those who tell stories can distance themselves from what they write and can observe their inner world, starting the process of self-awareness that is at the root of everyone's well-being. Moreover, practicing to change your point of view, allows you to improve your mental flexibility and, therefore, to improve your problem-solving ability.

STEPS

1. Lie on the ground and look up at the clouds, their shape, their movement, their changes. Try to silently give a meaning to the shapes that the clouds take as they move. Then start thinking about how the various forms you see interact with each other, trying to weave a story.
2. With the help of a camera or smartphone, take a picture of the clouds you see and the changing shapes.
3. Write the story you imagined, using the photos to help you remember. At the end of the first draft, reread the story and add new details. Add an introduction and an ending.
4. Now think about your emotions during and after this activity.

REFLECTION

- How did you feel during the different parts of the activity?
- What did you feel when you tried to imagine your very own story?
- How do you think this activity can lead to your resilience building?

COMMENTS

This activity does not aim at making "perfect" stories, but rather at the opportunity to express yourself, so it is absolutely important to avoid any form of judgement.

MYSELF, MY BODY & MY AXIS-INDIVIDUAL

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



bodywork | drawing



30 min

PURPOSE

SELF AWARENESS:

- mind-body balance
- awareness and knowledge of yourself
- improving one's relationship with yourself

MATERIALS

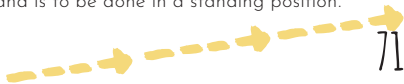
- paper
- colors
- comfortable clothes

* PREPARATION

- Find a quiet space where the participants can be comfortable.

* INTRO

This is a psycho-physical relaxation and is to be done in a standing position.



STEPS

1. With the eyes closed, take a deep breath, take another one. Imagine a colour and imagine that every time you breathe in, the colour colours your body slowly. Your head, your neck, your shoulders, your arms, your hands, your chest, your abdomen, your back, your pelvis, your thighs, your knees, your legs, your feet.
2. Imagine that every time you breathe in, calmness and peace enter your body, every time you breathe out, you let go of all the tension and tiredness.
3. Now imagine an inner line that begins at the top of your head, goes through your body and reaches the ground, right between your feet. Feel this line as a support of your body. This line is flexible and does not lose its shape. It is your axis.
4. What colour is it? What is it made of? How big is it?
5. Now take a deep breath. Open your eyes, take a piece of paper and try to draw your axis.



MYSELF, MY BODY & MY AXIS - INDIVIDUAL



REFLECTION

- How did you feel during relaxation?
- What feelings did you have when you pictured your axis?
- How do you think this activity can contribute for resilience building?

COMMENTS

- This type of activity is useful for listening to your own needs.
- It can be carried out as a daily activity to recover your physical and mental energy.
- This activity integrates different types of activities within itself: the theory employed includes the Bioexistentialist Model by psychophysiologist V. Ruggieri, the Autogenic Training by psychiatrist J. H. Schultz, the Progressive Muscle Relaxation by E. Jacobson, and the Waking Dream by Desoille.

I AND ME: MY SPACE

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



drawing | thinking



15 min



PURPOSE

CONNECTION WITH YOURSELF

- relaxation
- recognition of needs and resources
- recognizing and managing emotions

INTRO

* This activity can be used as a personal daily training at the beginning and/or end of the day. Its function is to help you get in touch with yourself, with your own needs and resources, while in a state of physical and mental activation, that allows a relaxed control of your emotions and the way you interact with others. It is also very useful to prevent states of physical and mental stress, particularly if you have a busy life, stressful working conditions, in which your connection with others is compromised by goals that do not take into account the time and the needs of the individuals.

MATERIALS

- notebook
- pen, colours

PREPARATION

- safe place
- comfortable clothes
- (optional) Your favourite music

STEPS

1. Find a comfortable position (preferably sitting or standing) and become aware of your body posture, of your own breathing, of the sounds you make but also of the external sounds.
2. Bring the attention to your body, starting from the head and arriving down to the feet, feeling and imagining all parts in the correct sequential order: head, neck, shoulders, chest and arms, pelvis, legs and feet. „Listen” carefully to what the different body areas want to communicate, while trying to let go of any muscle tension.
3. When you have a clear image of your body, begin to imagine the space immediately around it, the space defined by the distance that we need to have when we talk to someone. Becoming aware of how much space we need and begin to extend this space around each part of our body. Give this a shape, imagine the texture and colour.
4. Now connect with your feelings within this space. If they were negative, make the necessary changes until you reach a state of well-being. Give yourself a few minutes to enjoy the pleasure of being in the relational space with yourself.
5. Trying to keep hold on this pleasant experience, breathe deeply several times, feeling that every time you breathe in, calmness and well-being appears and each time you breathe out, you get rid of the states of negative tension.
6. In a notebook devoted to this activity, on a daily basis, draw the imagined shape you saw - you can use the colour to give it a shape and fill the shape with colours to add the texture you imagined.



! I AND ME: MY SPACE: !

REFLECTION

- How do I feel when I connect with myself and with the messages my body sends me? The answers to this question can be written in the diary every day.
- How do you think this activity builds resilience?

COMMENTS

- This type of daily diary creating a “chart” will allow you to be aware of your development in the relationship you have with yourself.

ART THERAPY BIBLIOMANCY

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



15 min



art expression | writing




PURPOSE

SELF KNOWLEDGE:

- connect with yourself
- emotions and behavioural self-assessment
- insight and understanding yourself

* INTRO

* This activity is inspired by the ancient divination practice of bibliomancy: a random sentence that is interpreted as a response to a question asked. In this activity, you have an additional expressive artistic element, that allows you to connect with yourself and provide a channel to express your emotions. You start, in fact, with the assumption that you can be a prophet of yourself, as


* You already have a good relationship with yourSelf. 

MATERIALS

- notebook
- colours (pencils, crayons, chalks)
- pen

PREPARATION

- find a safe place in which to write and the time to do it, avoiding interruptions as much as possible
- (optional) background music, as long as the music reflects your mood



The whole experience is designed to be able to observe yourself from the outside and reflect on your mental state. The writing activity proposed here does not start from cognitive reflection but from „magic“ action (=bibliomancy), not determined by cognitive control.

STEPS


1. Start by getting close to your bookshelf or library.
2. Identify, without consciously thinking, a book that appeals to you, take it and open it on a random page. Read the first sentence that you set your eyes on from the beginning to the end.
3. On a sheet of paper (or your diary) symbolically draw what you have read, and what emotions the reading triggered.
4. Observe the drawing and reread the sentence, placing yourself in a position of openness to communicating with yourself.
5. Write down the thoughts that you had in these three moments (reading, drawing, observation). Write about your perceptions and thoughts, feelings (physical and mental), any memories you had, emotions felt. Also, write down the sentence from the book.



REFLECTION

- How did this tool help you to understand yourself better?
- What new insights or thoughts did you discover?
- What inspiration did you get from this activity for your resilience?

COMMENTS

- As for the personal diary, regularly look back at what you have written, trying to find a personal theme or pattern and discovering any similarities with your own life.
 - It should be stated that this activity has no divination function since it significantly differs from Bibliomancy from the start. In divination Bibliomancy, you first ask a question that the book „will respond“ to. Here, however, this is reversed: the book „offers and demands“ a topic and we are the ones trying to give an answer (to ourselves, not the book).
 - In addition, in this activity we do not want to choose books based on their symbolic and/or religious value.
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ART THERAPY PERSONAL DIARY

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



art expression | writing



30 min

PURPOSE

SELF KNOWLEDGE:

- emotional and behavioural self-assessment
- personal balance; self-efficiency
- understanding yourself

INTRO

The activity proposed here is an art therapeutic variation of the personal diary, useful to facilitate self development. The diary allows you to provide yourself with both positive and negative feedback, since it is an intrapsychic tool that is very powerful for self-observation.

Writing is an activity that constantly draws awareness and self-reflection that comes from the ability to set a distance from yourself, carry out self-observation and reflect on your own mental states.

The writing task that is proposed in this activity does not start from cognitive reflection, but from an instinctive expression of your mood through drawing, which is followed by gradual awareness.

MATERIALS

- notebook & pen
- colours (pencils, crayons, chalks)

PREPARATION

- safe space, where you can avoid interruptions
- (Optional) background music, as long as the music reflects your mood



STEPS

Every day, for no more than 10 minutes a day, indulge in writing a personal diary with the following steps:

- 1. Colour** - after a brief moment of connection with yourself and with your emotional and physical feelings, without consciously thinking, identify the colour which represents your emotional and physical state of the moment, and colour the diary page with that colour;
- 2. Interpret** - answer the question „Today I see this colour as ...”, trying to follow the flow of non-linear thoughts elicited by the colour (this phase is still very instinctive so the consequent images may appear unrelated to the experience of the day);
- 3. Draw** - close your eyes and imagine a drawn gesture or representation that could express the set of thoughts, emotions and colour that you have just experienced. Draw the gesture and/or the picture on the sheet you previously coloured.
- 4. Self reflect** - observe the paper on which you have worked and write your thoughts, trying to find connections with your daily life, memories that come up, and possible cognitive and/or emotional insights emerging
- 5. At the end of every month**, take time to browse the journal and „listen” to what it tells you, identifying patterns, changes but also the recurrences. After this observation, write the new understanding that you have come to from them.



REFLECTION

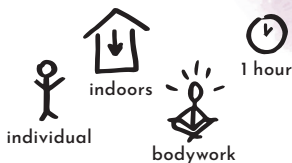
- How was it for you to complete this activity?
- How do you think this activity supports your resilience building?

COMMENTS

- Writing about yourself in a diary allows you to reflect on daily and/or occasional events that characterise your life, and emotional and behavioural reactions you have when responding to such events. In addition, it is useful to understand what are the possible factors, both external and internal, that may block your personal development.
- Allow yourself to use a protected space in which to write and the time to do it, avoiding interruptions as much as possible (e.g.: turn off your phone, the television, etc.).

BONE TRACING

By Audicia Lynne Morley/ RSMT/E
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MATERIALS

- notebook, journal, pencil, pens.
- optional: simple anatomical picture of the skeleton

PURPOSE

SELF MANAGEMENT

- develops the body-mind connection, self-awareness and self-definition
- supports a calming, grounding presence in the body and a clear mind
- develops the kinaesthetic sense

PREPARATION

- It's important that you feel comfortable with touching and are open to explore your body through guided touch, if you feel bad, please stop.
- This exercise can be practiced indoors or outdoors, standing, sitting or lying down on a comfortable surface. Wash hands before and after the exercise.
- Look at a picture of the skeleton to get a sense of the bones of your body.

* INTRO

- * The guided touch exercises are rooted in both Oriental Medicine and Somatic Based Practices. • You are creating a touch that brings your awareness to the bones. Bones are the most solid and clearest structures of the body. As you trace your skeletal structure you will discover parts of the body in which it is easier to locate bones than others. • In appreciation of the different body types, whatever your body type there will be a part of the body where you can connect with a bone.

STEPS

1. Begin by settling yourself into a comfortable position either sitting or lying down. With your imaginative inner eye see if you can get a sense of the shape of your skeleton. On a paper create a quick sketch of what you are aware of.
2. Rub your hands together as if you were washing them to bring some heat into your palms and fingers.
3. With one hand play with discovering the shapes of the bones of your fingers of the other hand as a practice. The contact needs to be quite firm and precise.
4. Let your fingers go on a journey of exploration finding bones and discovering their contours through this practice of bone tracing. Begin by bone tracing the face, taking care to only be working on the bony contours of the face especially around the eyes.
5. Explore how it is to let your eyes close, allowing your fingers to go on an adventure to discover the bony landscape under your skin.
6. As a first step it's recommended to choose a place where you can have easy access to the bones of the body rather than the flesh. For example begin with the head and face, then moving down the body: shoulders, arms, hands, ribs and feet.
7. Once you have completed bone tracing in a part of the body, close your eyes and see if you can identify in your mind's eye the shape and contours of your bones. How does this differ from your original picture of your shape?
8. To close, create another sketch of what you see, feel now.



BONE TRACING

REFLECTION

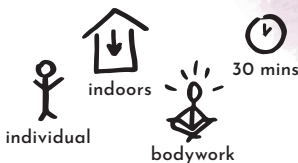
- What changes did you notice in your body and your drawings before and after the exercise?
- What body part was calling to be traced?
- How do you think this exercise can contribute to resilience building?

COMMENTS

- Variation: You can choose to work on different one or a few different areas each time instead of tracing the whole body.

BREATH BALANCE

By Audicia Lynne Morley/ RSMT/E
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PURPOSE

SELF MANAGEMENT

- Develop awareness of your Breath.
- Calm the mind and the nervous system.
- Develop vitality and deepen your connection with yourself.

MATERIALS

- mat, blanket, cushions or chair if seated

PREPARATION

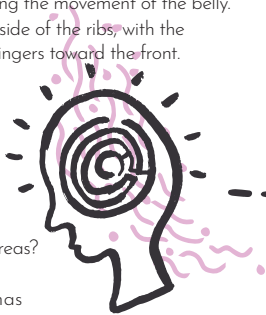
- * Practice this activity when you feel in a relaxed state so you can follow the process without tensions. If you have any breathing or respiratory issues, consult with a specialist first.

INTRO

- * Supports the regulation of the breathing cycles if repeated on a regular basis.

STEPS

1. Lie down and take a few moments to settle your body. It is important to be as comfortable and relaxed as possible. Pay attention to your breath, what do you notice? Eg. do you pay more attention to your inhalation or exhalation? And where in your body is your breath traveling to?
2. After a few minutes, place your hands on your upper chest with elbows resting on the floor. Take 3 - 5 breaths and imagine that you can direct your breath to the area under your hands as if filling up a balloon.
3. Then, move the hands down to the lower belly. Take 3-5 breaths directing your breath to the area under your hands, sensing the movement of the belly.
4. Then, move the hands to the lower rib cage, side of the ribs, with the thumbs pointing toward the back of the body, fingers toward the front. Apply slight pressure to the side ribs, and direct your breath into it. Take 3-5 breaths directing your breath to the area under your hands.
5. Then place one hand on the lower belly and one hand on the upper chest. Take 3-5 breaths into both the upper and lower parts. Notice how this is for you, can you have equal breath moving into both the upper and lower areas?
6. Finally relax the arms to the sides, allow the breath to settle and notice if anything has changed in your breath pattern. Then rest your attention for a few minutes.
7. (Optional) Take a few minutes to move freely, experiencing any changes in your body, breath or movement.



BREATH BALANCE

REFLECTION

- What did you notice about your breath before you began the exercise?
- What was the experience of breathing into the different areas of the lungs and directing your breath?
- How do you think practicing this exercise can lead to resilience building?

COMMENTS

- In order to gain the many health benefits of this exercise it is best to practice on a regular basis.
- An optional development is to direct the breath into different parts of the body imagining the tissues under your skin are breathing.
- An easy exercise to integrate into your movement or self-care practice.

ESSENCE SQUEEZE

By Audicia Lynne Morley/ RSMT/E
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indoors



30 mins



individual



bodywork

PURPOSE

SELF MANAGEMENT

- Enlivens the body-mind connection, clarifies your sense of your physical body and its boundary.
- Regulates the nervous system, which has a grounding and calming effect on the body
- Awakens energy, circulation and flow in a gentle and relaxed way.

PREPARATION

- Practiced indoors or outdoors, standing, sitting or lying down on a comfortable and supporting surface. Wash hands before and after the exercise.

INTRO

* This is a hands-on, touch exercise based on squeezing the flesh and muscles of the body. It is important to take your time, have a relaxed flow to your breath and connection to yourself. The way you touch and the quality of connection you make to yourself is important as it will stimulate a particular response in the body.

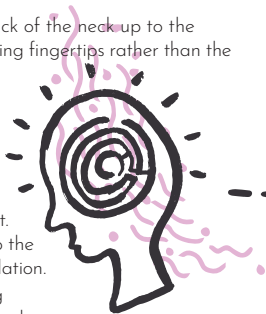
* It should always feel good. No part of this exercise should cause any discomfort. If it is uncomfortable, see how you can adapt the touch so it feels good. You can determine the amount of pressure you use so as to make this a comfortable, nourishing experience. Please note, some body parts have more flesh than others so adapt your connection to each body part and what you are able to do in a comfortable way.

MATERIALS

- mat, blanket and cushions if needed

8 STEPS

1. Find a comfortable position, either standing, sitting or lying down. Place one hand on your belly, one on your chest. Take 3 breaths to bring your focused attention to yourself. Take an internal picture of yourself in your "mind's eye", noticing how you feel to mark how you are now.
2. Rub your hands together to create some heat in your palms. The hand contact should be soft but firm and with fingers open.
3. Start with one hand, squeezing the opposite hand, arm, shoulder and side of the neck, making sure not to miss out any areas of the arm. Repeat on the other arm.
4. Then gently squeeze the muscles at the back of the neck up to the head. At the scalp adjust your squeezing by using fingertips rather than the palms, for a better feeling. At the face use the fingertips to stimulate the skin and press on to the bones in a gentle and comfortable way.
5. Continue squeezing down the body making sure you connect to all other parts, such as upper shoulders, ribs, belly, pelvis, legs and feet. For the back gently press or rub your back into the ground or use a tree or wall to get some stimulation.
6. Once you have completed the squeezing of your whole body you can gently press or rub your back into the ground or, if you are standing, use a tree or wall to get some stimulation to the back of the body.
7. When you have finished, take a moment in stillness, take another internal picture of your body, notice how you feel, what has changed.



ESSENCE SQUEEZE

REFLECTION

Notice how you felt before and after the exercise.

- Is there any part of your body you would like to return to, that needs a bit more attention? If so, take a few minutes to go back to that part.
 - How does this activity contribute to your resilience building?

COMMENTS

You can do just a 5 minute self-massage and that will already improve your energy or relax tension from your body.

Explore how you can use this type of focused touch in different ways that support you.

LOOSENING THE TIES

By Audicia Lynne Morley/ RSMT/E
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individual



indoors



30 mins



bodywork

PURPOSE

SELF MANAGEMENT

- Releases tension from the muscles, joints and ligaments.
- Energizes and gently stimulates the body.
- Supports connectivity, fluidity and mobility throughout the body.

MATERIALS

- Comfortable clothing for moving

PREPARATION

- Practiced either indoors or outdoors on a flat surface.
- Good weather and environment should

* INTRO

* Also known as the "Corn Flakes Shake". This refers to the image of shaking a box of breakfast cereal to become unstuck. To unstick yourself through a vibration, shaking or bouncing motion. This type of practice has been used throughout history and can be found in some *Chi kung* practices.

*

STEPS

1. Stand comfortably, feet shoulder width apart, toes facing directly forward and knees bent softly directly over the toes. Soften in the ankles, knees and hips as if you were going to sit down, lowering your centre of gravity, also the lower back is long and relaxed. Imagine a light golden thread extending upward from the crown of your head. The body should feel lighter and grounded, the spine slightly lengthened. **2.** Take 3 deep **breaths**, breathing in and out of your centre. Begin a gentle **bounce** in your knees, initially with your weight equally divided on both legs for 3-5 minutes. Feel all the soft tissues of your belly organs, torso and shoulders being moved. Play with the dynamic of the bounce by intensifying or slowing down the rhythm and force you use. Then play with shifting your weight from one leg to the other. **3.** Begin transitioning into **shaking** so that the body moves slightly more side to side rather than up and down. Shake hands, arms, shoulders, ribs, belly and hips, legs and feet and then the whole body for around 5 minutes. **4.** Play with all the variations of **bouncing and shaking** in a way that allows you to feel you are loosening yourself and that feels satisfying for 10-15 minutes. **5.** Take a few minutes to **slow down and come to stillness**. You may become aware of an inner motion still vibrating through your body. Notice how you are feeling. If there is anywhere in your body that does not feel stimulated by the bounce or shaking, take a few minutes to connect your hands to that area. Breathe into the area, squeeze the area with your palms and hands then bounce / shake the whole body for a few minutes and notice what has changed. You can repeat this final section a few times if needed for other body parts. Once in stillness, take 3 deep **breaths** to finish.



LOOSENING THE TIES

REFLECTION

- What feels new or changed in your body now?
- Softer or more energetic bouncing will lead to a different response in the body, which was your choice and how it impacted you?
- How do you think this practice can contribute to building resilience?

COMMENTS

Be mindful to regulate the pace at which you are working so the exercise feels manageable and not uncomfortable. Once you find a good rhythm that's not tiring, the bouncing/shaking can be practiced for up to 20 minutes. Variations include adding the voice, soft breathy exhales with a gentle sound or more definite sounds influenced by the vibration in the body.

SELF COORIE

By Audicia Lynne Morley/ RSMT/E
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PURPOSE

SELF MANAGEMENT

- creative connection with yourself, nature and the environment
- enliven listening, sensing and body awareness
- following what feels like affirming and GOOD

MATERIALS

- optional: notebook - pen

PREPARATION

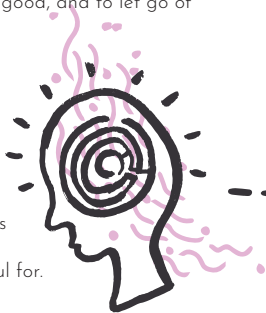
- Choose a safe place - indoors or outdoors in nature - where you can let go of outside worries.

* INTRO

- * Coorie - pronounced Kuri or Koo-ree - is the Scottish art of deriving comfort, wellbeing and energy from the landscape or surroundings. Find your "safe place" and take time to engage creatively with your surroundings including the natural elements, architecture and other objects. Deepen your connection and relationship with your environment by following your intuition and what inspires you.

STEPS

1. The invitation is to practice small, quiet, slow activities that support you to engage with your surroundings in a way that makes you feel happy, relaxed and well in yourself.
2. Use your senses to help you become more connected with and present in your environment. Play with how you interact through sight, sound, smell, touch, taste and movement.
3. Find pleasure and enjoyment in whatever you do. Notice how you feel in relation to what you chose to do.
4. The intention is to let the activities happen with a feeling of you having time and space to follow what feels good, and to let go of what does not serve you.
Take time to let go of the mental control and discover what unique rhythm, flow, connection or rest is nourishing for you.
5. Always stay respectful of yourself and the environment, moving and connecting in ways that are safe and mindful.
6. (optional) Take a final 15 minutes to journal and write a response to your process with at least one resource you got from this experience, noting anything you feel grateful for.



SELF COORIE

REFLECTION

Observe how you feel before or after the exercise:

- What was nourishing for you?
- What resources did you discover from this activity that can support you in daily life?
- Were you able to meet your needs with the activity?

COMMENTS

This exercise can be practiced at any time. Develop a regular morning or evening practice to let your body connect with its own rhythm. Follow your intuition and heart. As a regular practice this activity allows the rebalancing of the Nervous System by coming back to your own rhythm, letting go of the planning/doing mind and allowing the deeper natural rhythms and play of the body to unfold.



BURNOUT PREVENTION CART

Psychology for Burnout Prevention



individual



indoors



writing



30 mins

PURPOSE

SELF KNOWLEDGE

- awareness of life areas that affect the burnout process

MATERIALS

- colour markers, pencils or crayons, pen
- "burnout preventing wheel" printed or draw on A4 paper

PREPARATION

- Quiet room

INTRO

The Burnout Preventing Wheel is about investing our attention and actions as equally as possible towards what is important. Imagine to sit on the "burnout preventing cart", that rolls on wheels, that are divided in slices, each representing one of the areas that prevent burnout.



STEPS

1. Take the "burnout preventing wheel" paper (see the image) and mark the line of the circle with the number you give to each slice, according to your current level of satisfaction with the given life area, consider that the centre represents 0 point, while the border represents 10 points, being 1 not much and 10 very much.

2. Observe the silhouette of the wheel when you finished marking & coloring all your slices, which represents where you are now. For the wheel to be able to roll smoothly it is needed to take care of all the areas, so they have similar height and the wheel wouldn't be stuck. Looking at your wheel:

- What are the areas you could change to smooth the roll of the wheel?
- What action plan can you formulate to change for one or more of these selected areas?
- What support would you need to achieve these goals? How could you get this support?

3. Write your action plan, including the support needed, the way to get it and people who can help you with it.

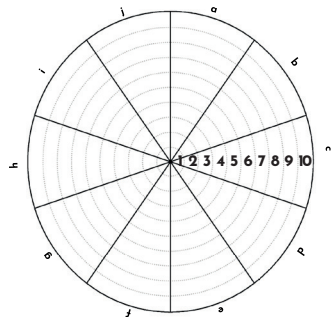
REFLECTION

- How was the experience of this exercise?
- In what way, this exercise supports your resilience building?

COMMENTS

If you feel the need for help in your changing process, please turn to a psychologist, counsellor or life coach.

BURNOUT PREVENTING WHEEL:



- a-** communication your needs, asking for help
- b-** cooperative relationships
- c-** conflict resolution, problem solving
- d-** changing habits
- e-** healthy lifestyle, selfcare
- f-** recharging, management of energy
- g-** calming yourself down, stress management
- h-** personal successes, balanced performance
- i-** own SMART goals, planning your future
- j-** being able to say no, managing your limits

! BURNOUT PREVENTION CART !





MY INTERNAL FIRE

Psychology for Burnout Prevention



individual



indoors



30 mins



drawing | moving



PURPOSE

SELF KNOWLEDGE

- self energy awareness

MATERIALS

- A3 white paper
- colorful pens, pencils, crayons or paints

PREPARATION

- quiet room
- background music

INTRO

This is a cognitive drawing tool developing self-knowledge. The invitation is for you to think about your internal fire, your energy and your burnout prevention tools.



STEPS

1. In a standing or sitting position, with closed eyes:
 - breath deeply 3 times • start to think about your inner "fire" (the one that gives you energy in everyday life), visualize it as a real fire, it's shape, it's size, it's movements • then reproduce the movements of the fire with your body, embodying and feeling it
 - let it stop naturally, breath deeply 3 times and open your eyes.
2. With this experience as base, draw your internal "fire" on a paper. Observe your draw: • What does it look like? • Does it change its size?
3. Think on - what does a fire need in order to burn? Imagine those elements as symbols for what is needed to keep your inner fire burning, like:
 - **oxygen** representing the environment you live in
 - **spark** representing the thrilling experiences
 - **wood** representing your healthy lifestyle
 - the **temperature** representing your control over your energy level
 - **thermometer** representing your self-knowledge.

Look at your draw, remember your experience and reflect on: • What gives you the spark for fire in your life? • What kind of environment do you need to light your fire? • How do you take care of your body? • How can you control your fire? • Would you change anything?

MY INTERNAL FIRE



REFLECTION

- How was the experience of this exercise?
- What are your insights relating to this activity?
- In what way, this exercise supports your resilience building?

COMMENTS

In Burnout prevention it is crucial to be aware of where you are with your inner fire and it's maintenance, so you can intervene in the burn out process before it's then harder to do so.





TIMECAKE

Psychology for Burnout Prevention



PURPOSE

SELF KNOWLEDGE

- quality time management

MATERIALS

- A3 White paper
- colorful pens, pencils, crayons or paints

PREPARATION

- quiet room
- background music

INTRO

This is a cognitive drawing tool developing self-knowledge, as well as a time-scheduling and time-thinking exercise.



STEPS

1. Draw a circle on a paper that will be your timecake. Think how you schedule the 24 hours of a typical workday (you can also do it within a week, a month or a year), what kind of "cake" parts do you have? Divide the cake in slices according to the different parts you have, write their name on the slices around the cake. Finish your draw adding colors and what you feel it's needed.
2. Look at the drawing and compare the slices:
 - What does your final cake look like?
 - Do you have quality time? Time for yourself alone? Time for your body? Time for mind? Time in nature? Time for playing or just being together?
 - What does it reveal about your time management?
 - What would you need to change on your cake for it to fulfill your daily needs and to be more healthy and well being orientated?
3. Draw a new timecake with the changes you have chosen that are possible
4. "Taste" your new cake, by trying out the new schedule during a week



REFLECTION

- How was for you the experience of doing this exercise?
- How does your new cake "taste"?
- How do you think your time cake supports your resilience building?

COMMENTS

Giving yourself the right to have quality time on any workday will give you the resilience to cope with the demands