

## **Body and Mind in Daily Life**

For more tips and tricks to involve movement of body and mind in daily life:

<https://www.trainers-toolbox.com/moving-through-training-from-home-body-tips-vs-screen-fatigue/>

We started the session by asking ourselves the following question: „What are my current challenges regarding body and mind in daily life and what are my possible solutions for it?“

The key for a healthy body and mind in daily life is bringing our attention to another state by sensing, moving / shifting and connecting.

### **1. Check-in:**

We first start by checking-in and asking ourselves: How am I doing? How is my energy at the moment? How is my emotional quality at the time? What emotion am I feeling at the time; is it anger, sadness, happiness?

By touching our skin we get a sense of our body. The main element is „getting your attention“ to our feet: What sensations am I feeling? Is it cold or warm? What other sensations am I feeling?

Then we go further by asking ourselves: What do I need right now? How do I want to be? We focus on the main question: „What do i need“

### **2. Shift:**

We go further by asking ourselves: What can I change at the moment to feel more connected to my body and mind? We tried out different things by standing up, sitting up straight, having a good laugh. In this stage one has to give herself/himself what one needs.

### **3. Connecting:**

By co-regulating through others, interacting with others which could help, surrounding yourself with people which help you feel good and more connected with yourself can help you to have a better relation with your body and mind.

We try out different methods and ways of centering ourselves. The first one would be the ABC Method, other methods would be „intention through movement“.

### **ABC-Method:**

1. Awareness of the room: Trying to answer the following questions of: How does the space looking like, what do I hear (sounds), what am I sensing (sensation), what do i smell?
2. Balancing out awareness: What is most present?

3. Connection: relaxing body, particularly tongue, jaw, teeth, shoulders and thinking of something to smile. If it results to be difficult one can try to first squeeze shoulders and then let them loose.

### **Intention through movement - Method**

- moving whole body, shaking it all off by standing up, making noise. After that movement one should try to notice the sensation: What is present? How is my energy level? What is different now? To achieve the shift we have to try to do the movement actively, by doing it with intention.
- Posture can help as well: get yourself up, put your hands up in the air and then let everything go and hang loose. Try to involve your breathing into the exercise. Breath out while letting go and hanging down.
- Work with your face; tensing jaw and wrinkling eyes. What kind of (negative) thoughts come up? Then let go of everything; what changes?

### **Ask yourself the following questions:**

- How alive do I feel everyday?
- How much do I move everyday?
- What kind of movement do I have in my daily life? What are the different movements of range and paces? Is it sitting, standing, rising or also stretching, rolling on the floor, squatting?
- Ask yourself then: What would be the pace that I prefer? And what can I do which is not on my daily movement list?

Main thought: „Movement is life“. Get up and move, try to involve new movements into your daily life.