

Relaxation and mindfulness throughout the semester

A resource-oriented event of the psychological student
counseling of the HTW Berlin



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Who is this event for?

For people who...

- experience physical tension
- Know inner restlessness
- Know phases in which they feel challenged or overwhelmed
- are exhausted or tired
- do many "time travels"

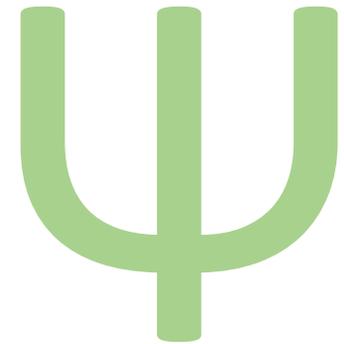
ponder about the past

think about the future

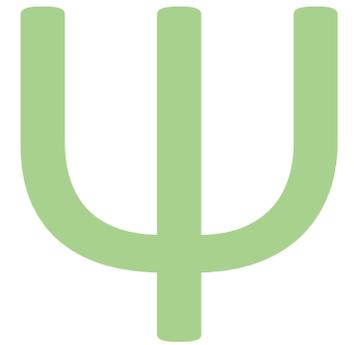
...in their everyday lives

Contents of today's event

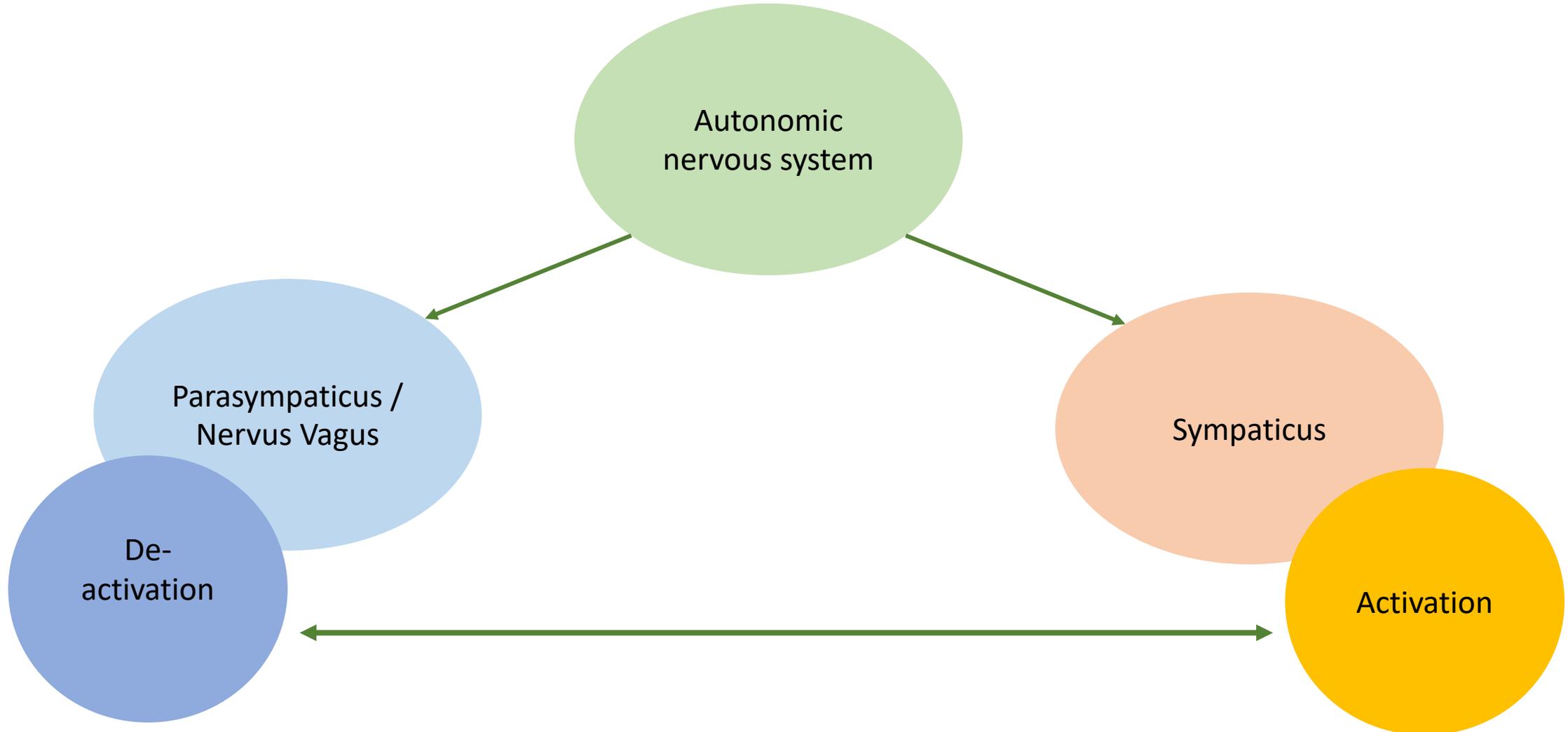
1. What is relaxation?
2. Ways to relax
3. Mindfulness
4. Further information



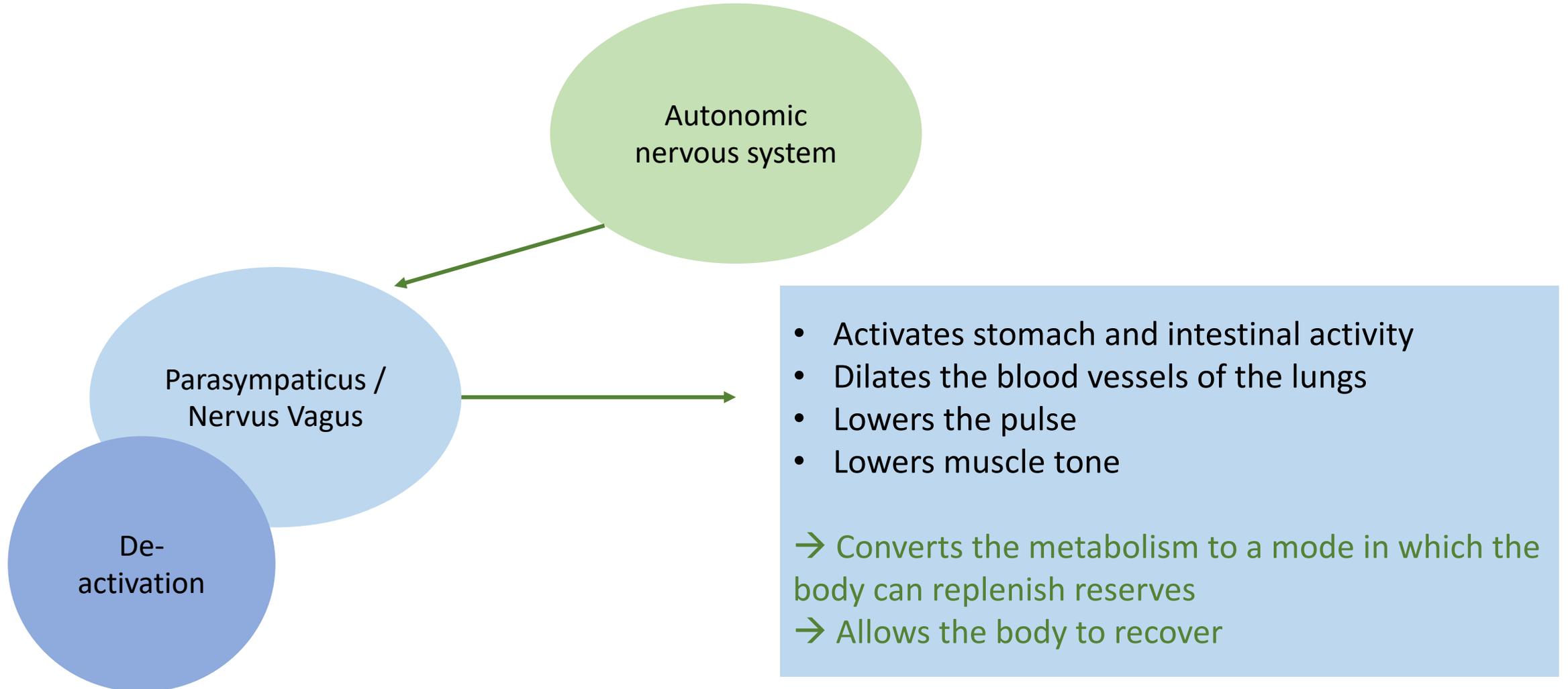
What is relaxation?



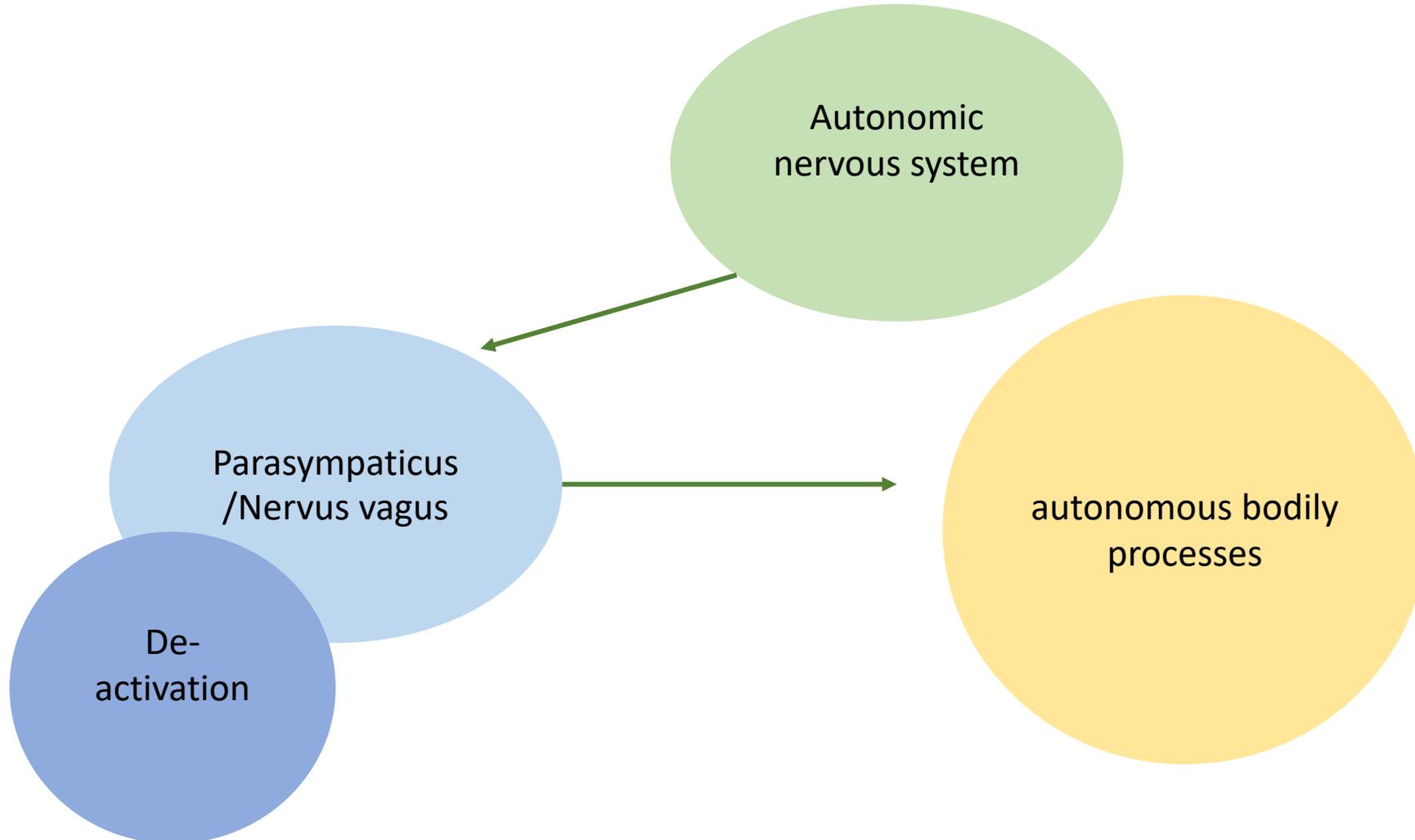
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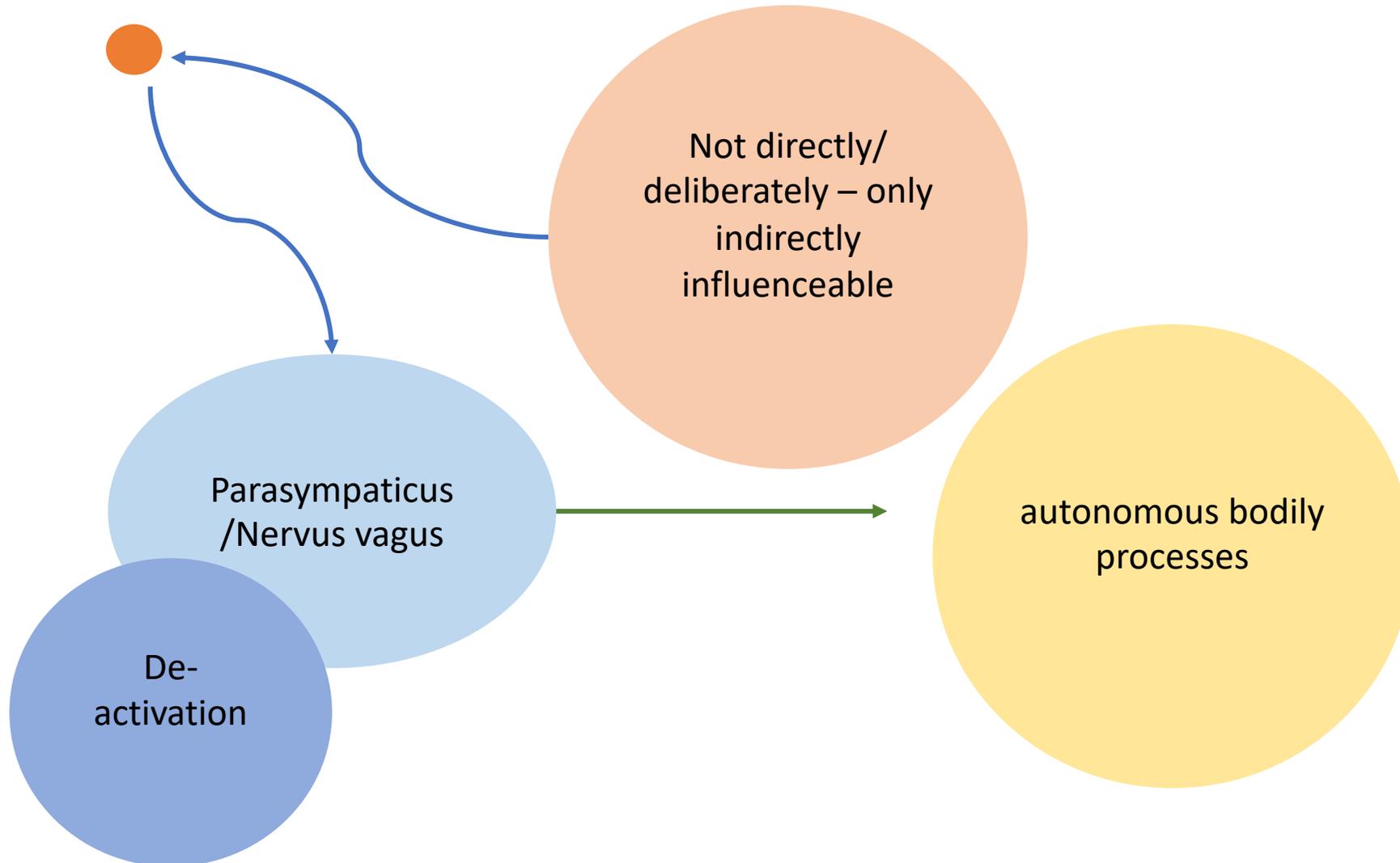
What is relaxation?



What is relaxation?



What is relaxation?



What is relaxation?

For the body

- A state of deactivation,
- that regulates the metabolism and
- is needed by our organism to replenish reserves!

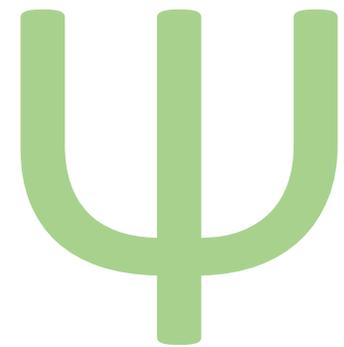
What is relaxation?

For the psyche

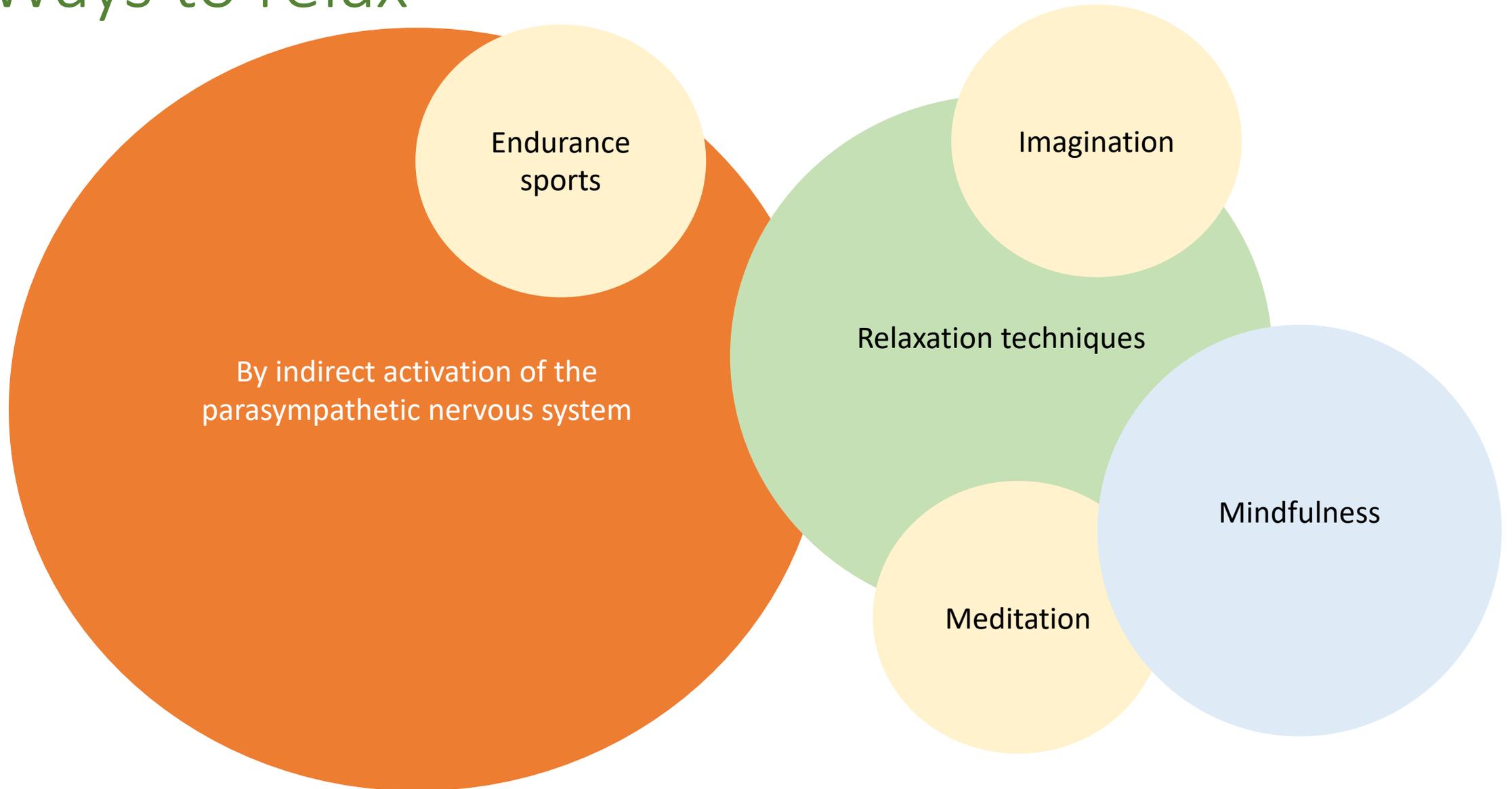
- Calms down our feelings
- Attenuation of emotional intensity
- Decreased perception of external stimuli
- Narrowing of attention
- Body and time are perceived differently
- Thinking becomes looser and more pictorial

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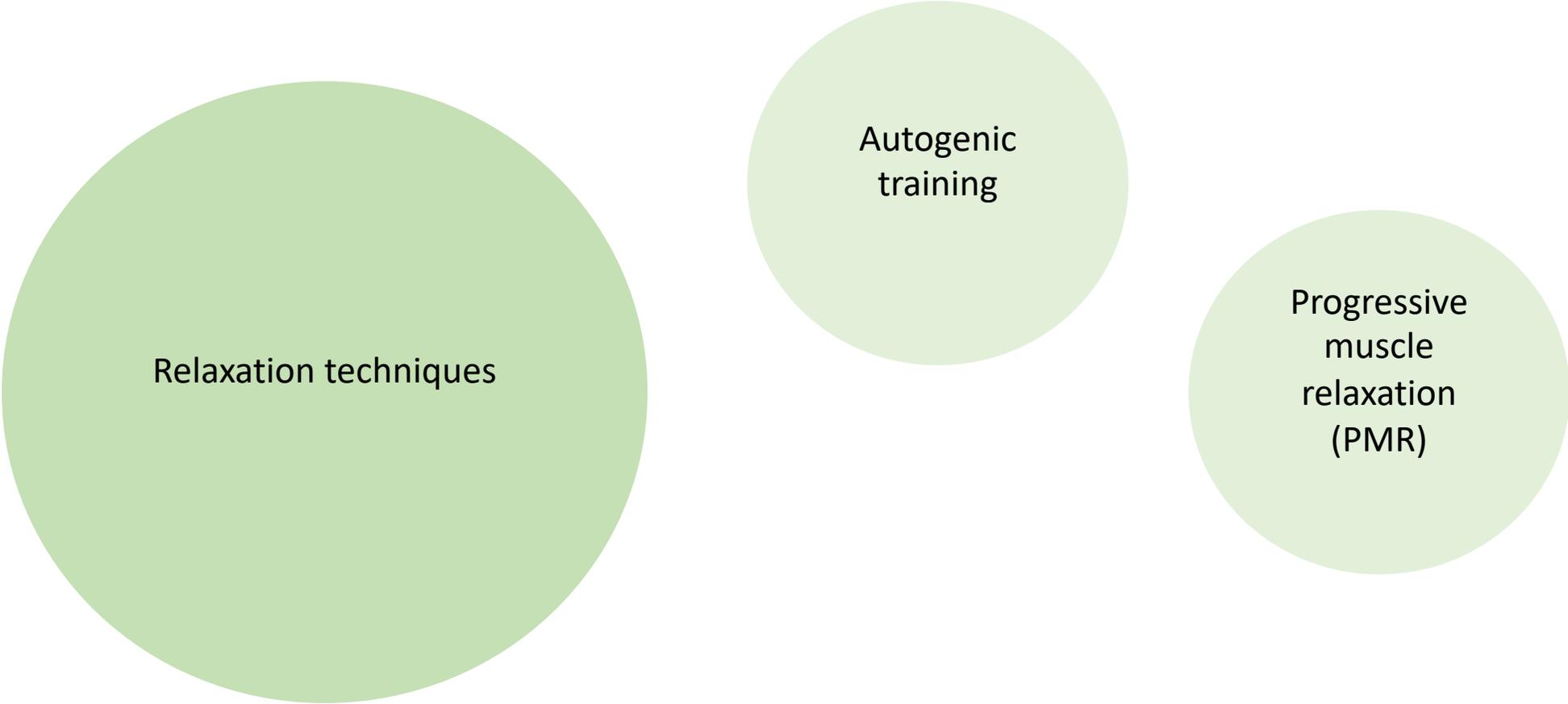
Ways to relax



Ways to relax



Ways to relax



Relaxation techniques

Autogenic
training

Progressive
muscle
relaxation
(PMR)

Ways to relax



- Relaxation-promoting posture
- Instructions
- Focusing attention

Perception of

Physical relaxation processes

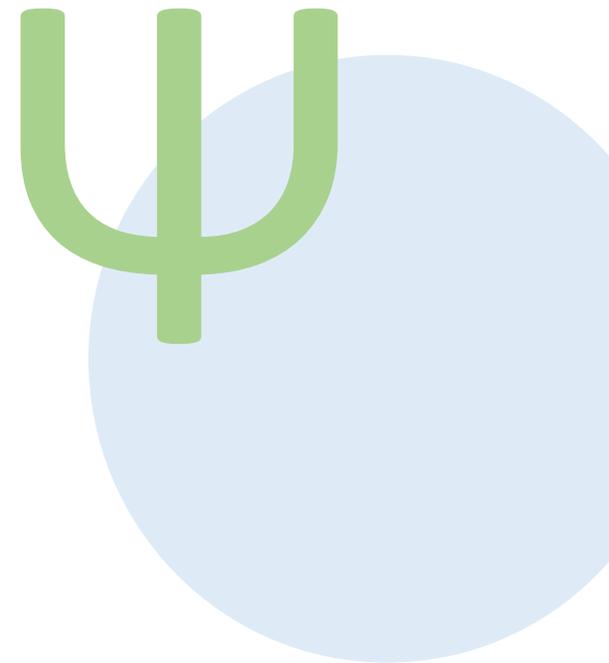
Specific ideas (body, images)

A matter of practice

Possible side effects

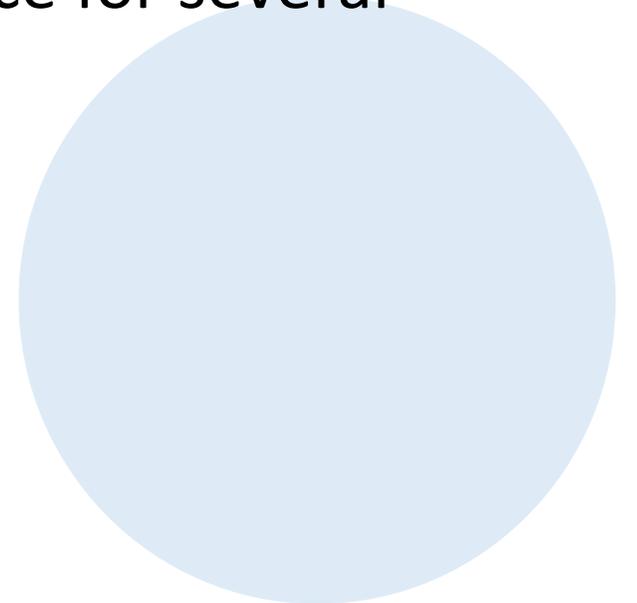
→ Search for instructions!

Mindfulness



Mindfulness

- derived from Buddhist Zen meditation
- Represents more of an attitude than a technique, but offers many opportunities to practice
- Increasingly integrated into psychotherapeutic practice for several years
- Easily accessible and low-threshold
- Lifestyle



Mindfulness

- "come to your senses" (Jon Kabat-Zinn)
- Systematic introspection – mindfulness inwards
- Training of the sensory organs – mindfulness towards the outside
- pin ourselves in the present
- decides against the evaluation of an experience
- Benevolent, self-compassionate attitude

→ Practice

Mindfulness

Being un-mindful...

- Going on time travels – mentally being in the future or past and not perceiving the present
- Doing many things at the same time, none really consciously

Indicators

mishaps

forgetfulness

shifted sense of time

not being able to sense yourself

Do you know example situations?

Mindfulness

- Focus on a selected stimulus
 - Inner stimulus
 - A specific external stimulus
 - use your 5 senses
- Let interpretations and judgment go
- be kind to yourself

Further information

Relaxation techniques

- Standardized and certified multi-part courses
- Offers of the health insurances
- Courses in university sports

Mindfulness

- Courses in university sports
- How to Train a Wild elephant & other Adventures in Mindfulness– Jan Chozen
Bays: 53 exercises in print
- Mindfulness on the Go Cards: 52 Simple Meditation Practices You Can Do
Anywhere – 52 exercises on illustrated cards
- Apps: headspace, calm

Thank you for
your attention!

