

MODULE 6: RELAPSE PREVENTION

Mindfulness techniques

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective 1

Introduction

Introduction to the mindfulness technique
"See Hear Feel" – Outside.

Objective 2

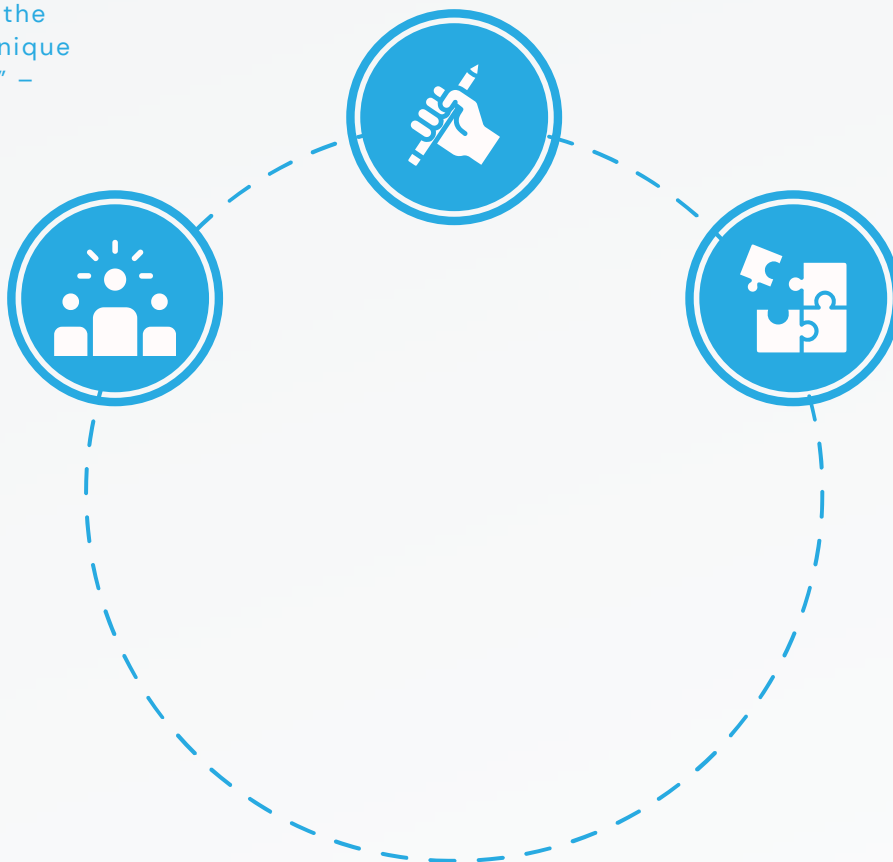
Trying a mindfulness exercise

Mindfulness exercise: Concentration on seeing/hearing/feeling.

Objective 3

Getting to know an emergency exercise

Emergency exercise:
"Dealing with strong emotions"



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Mindfulness techniques

ACTIVITY DESCRIPTION AND MATERIALS

Activity description

1. Target group – adult educators, mentors of change
2. Time – 1 hour.

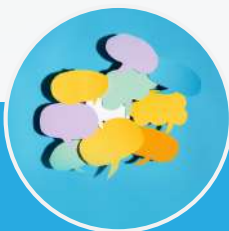
1. Instructions
2. Timer
3. quiet room to practice
4. Pen and paper to write down the exercises

Materials

METHODOLOGY USED FOR THIS ACTIVITY



Introduction to mindfulness techniques



Instructions for mindfulness exercise
"Contact with the here and now"



Reflection on perceptions:
"Seeing/Hearing/Feel"



The principle of
"divide and conquer"



Exercise for dealing with difficult emotions



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MINDFULNESS TECHNIQUES



ANNEXES / ADDITIONAL INFORMATION (IF THERE IS ANY)

The educator presents the training session structure and the objectives and expected outcomes.

Introduction to mindfulness techniques

1. Practical exercise: "Seeing / Hearing / Feeling"
2. Reflection: Which perception is most pronounced in me?
3. "Divide and Conquer": Explanation, Practice
4. Mindfulness exercise: Dealing with difficult emotions
5. Conclusion

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MINDFULNESS TECHNIQUES

INTRODUCTION TO THE MINDFULNESS TECHNIQUE: ANCHORING IN THE HERE AND NOW

There are different mindfulness techniques around the world.

At their core, they all contain similar statements, but often the techniques or terminology are different.

We use the following approach:

Unified Mindfulness, developed by Shinzen Young.

Mindfulness is then understood as a set of mutually reinforcing skills:

Clarity, concentration and serenity

With all of the exercises described below, we focus our attention on what is present in the present moment. We increase our levels of clarity, serenity, and concentration. This allows us to better perceive what is happening in and around us, focus our attention on what is relevant now, and allow perceptions to arise without pushing them away or clinging to them.

All participants are invited to try out the exercises.

The practice is carried out in a relaxed, upright sitting position. Those who prefer to stand or lie down are, of course, welcome to do so. If a participant finds an exercise uncomfortable, they can, of course, end it early. However, practicing how to deal with uncomfortable situations is also part of mindfulness practice.

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MINDFULNESS TECHNIQUES

MINDFULNESS EXERCISE: SEEING FOCUS

The instructor sets a timer to 5 minutes:

The following instructions are spoken and carried out by the participants:

Sit upright, breathe in and out three times at your own pace. As you inhale, straighten up, and as you exhale, drop your shoulders.

You can do the exercise with your eyes closed, or simply look at the floor in front of you with a defocused gaze.

Notice how you are sitting.

Where does your body touch the ground, do you feel the floor or the cushion you are sitting on.

Focus your attention on the area of visual perceptions.

If you have perceptions of gray or colored surfaces, this is a relaxed perception of the inside of your eyes.

When you see inner images, look at them. You don't have to control anything; images or "movies" come and go. Your task is to notice that you have inner images.

If there are no pictures or films, that's okay too, then you can concentrate on relaxing, on taking a break from watching.

To make it easier for you to stay with the visual perceptions, repeat the word SEE in your mind every few seconds in a calm tone of voice.

After 5 minutes the instructor ends the exercise.

Participants are given the opportunity to talk about their perceptions.

It is perfectly fine if there were perceptions, if there were no perceptions, if there were many perceptions, if the exercise was perceived as unpleasant or as pleasant.

The aim of the exercise is to notice whether inner images appear.

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MINDFULNESS TECHNIQUES



MINDFULNESS EXERCISE: FOCUS ON LISTENING

The instructor sets a timer to 5 minutes:

The following instructions are spoken and carried out by the participants:

Sit upright, breathe in and out three times at your own pace. As you inhale, straighten up, and as you exhale, drop your shoulders.
You can do the exercise with your eyes closed, or simply look at the floor in front of you with a defocused gaze.
Notice how you are sitting.
Where does your body touch the ground, do you feel the floor or the cushion you are sitting on.

Focus your attention on the area where you hear and listen. Notice whether you can hear thoughts. These could be conversations you remember, internal monologues, or individual sentences or words. Notice the tone of voice, who you hear, listen, and don't get drawn into the conversation. Label the auditory perception "hearing."

When you hear nothing, you can enjoy the pleasant peace in your thoughts. This is "listening to peace."

If other perceptions besides "hearing" arise, that's okay; they can fade into the background. Refocus your attention on "hearing."

To make it easier for you to stay with the auditory perceptions, repeat the word "listen" or "calm listen" in your mind every few seconds in a calm tone of voice.

After 5 minutes the instructor ends the exercise.

Participants are given the opportunity to talk about their perceptions.

It is perfectly fine if there were perceptions, if there were no perceptions, if there were many perceptions, if the exercise was perceived as unpleasant or as pleasant.

The aim of the exercise is to notice whether thoughts were heard.

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MINDFULNESS TECHNIQUES

MINDFULNESS EXERCISE: FOCUS ON FEELING

The instructor sets a timer to 5 minutes:

The following instructions are spoken and carried out by the participants:

Sit upright, breathe in and out three times at your own pace. As you inhale, straighten up, and as you exhale, drop your shoulders. You can do the exercise with your eyes closed, or simply look at the floor in front of you with a defocused gaze.

Notice how you are sitting.

Where does your body touch the ground, do you feel the floor or the cushion you are sitting on.

Focus your attention on your body sensations.

Examples are: smile, goosebumps, heaviness in the body, lightness in the body.

When you have no body awareness, or you perceive a relaxed feeling, you can enjoy the pleasant feeling of calm in your body. This is then "feeling calm."

If other perceptions besides "feeling" arise, that's okay; they can fade into the background. Refocus your attention on "feeling."

To make it easier for you to stay with the feeling perceptions, repeat the word "feeling" or "calm feeling" in your mind every few seconds in a calm tone of voice.

After 5 minutes the instructor ends the exercise.

Participants are given the opportunity to talk about their perceptions.

It is perfectly fine if there were perceptions, if there were no perceptions, if there were many perceptions, if the exercise was perceived as unpleasant or as pleasant.

The aim of the exercise is to notice whether there were any physical sensations.

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MINDFULNESS TECHNIQUES



REFLECTION: WHICH PERCEPTION IS MOST PRONOUNCED IN ME?

Discussion round:

Which exercise was easy for you?

Which perceptions were most pronounced?

Time for questions

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MINDFULNESS TECHNIQUES



“DIVIDE AND CONQUER”: EXPLANATION

In situations that cause us stress, the internal systems are always involved: “seeing, hearing or feeling – inside”.

When we have clarity about what perceptions we have, we can focus our attention on what is relevant in the moment.

Internal perceptions act as amplifiers of the situation. As a model, let's imagine the following: when unpleasant internal perceptions are added to a situation, the stress level increases by a factor of 10.

Stressful situation = 1
unpleasant inner images x 10 = 10
unpleasant thoughts heard x 10 = 100
unpleasant emotions felt x 10 = 1000.

This is often too much to handle.

The ability to act can be reconquered if the unpleasant inner perceptions are divided into “seeing, hearing and feeling”, fade into the background and the attention is redirected to the situation that is currently taking place.

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MINDFULNESS TECHNIQUES



EMERGENCY EXERCISE: DEALING WITH DIFFICULT EMOTIONS

"5 4 3 2 1 exercise"

This exercise uses the senses to calm the mind and focus on the surroundings. It is especially helpful in times of acute tension or anxiety.

Directions:

5 things to see 👁️

Look around and name five things you see.

Example: "I see a lamp, a book, a chair, a plant and my cell phone."

4 things to feel 🖐️

Focus on four things you can feel with your body.

Example: "I feel my feet on the ground, the fabric of my clothes, a cool breeze on my skin, and my hands on my knees."

Hear 3 things 🧠

Listen carefully to three sounds in your environment.

Example: "I hear a car outside, the ticking of a clock, and someone talking."

2 things smell 🤧

Pay attention to two smells in your environment. If you don't smell anything, think of a familiar scent.

Example: "I smell coffee and the detergent on my clothes."

1 thing tastes good 🍷

Notice a taste in your mouth. If you don't taste anything, you can consciously take a sip of water or suck on a piece of candy.

Example: "I taste the remains of toothpaste or chewing gum."

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MINDFULNESS TECHNIQUES



REFLECTION AND CONCLUSION

Which exercise was easy for you?

Which exercise could help you in your everyday life?

Time for questions

Conclusion and farewell to the participants