
WEEK 2

THE PSYCHE AND THE BODY

BODY AWARENESS AND WELL-BEING

TRY IT YOUR-SELF!

EMBODIMENT

Psychologists have known for many years that human feelings and perceptions or judgments are massively influenced by the body. The principle of embodiment states that not only the psyche influences the body, but also vice versa; the way we deal with the body also affects the psyche.

The interaction between body and psyche is therefore a two-way story; mental states are not only expressed through the body, i.e. non-verbally, in body language and posture, but mental states are as well influenced by our body posture. A good and realistic body awareness is thus essential for human well-being.

Feelings and other mental processes can in other words be influenced by body postures. For example, in an experiment, when people put a pencil crosswise between their teeth and this automatically lifted the corners of their mouths, they found a series of cartoons significantly funnier than without a pencil in their mouths, i.e., unconscious smiling also puts people in a happier mood.

In short, facial expressions and body posture influence how you feel and how you see yourself. With an upright posture, you radiate more self-confidence and thereby actually feel much more self-assured than someone who sits more hunched over.

SNAP SHOT EXERCISE

1. **STOP** WHAT IS HAPPENING RIGHT NOW?

First step: tune in to the current moment. Notice what you are doing, how you feel - how the body feels (tense, cramped, tired, etc.). Pause and assume a dignified, upright posture. Then close your eyes. Then consciously notice what you feel in the body right now:

- How does the body feel?
- What sensations and feelings are you having right now?
- What thoughts are running through your mind?

Notice everything - pleasant and unpleasant in equal measure.

2. **BREATH** FEEL YOUR BREATH

Now bring your full attention to your breath, to each breath, the inhalation, the exhalation, the pauses and the silence in the pauses. Let the breath bring you into the present moment again and again. Breathe here for a minute.

3. **EXPAND** EXPAND YOUR AWARENESS

Expand the field of your awareness - starting from the breath - more and more, so that you include your body as a whole, your posture, the state of tension of your muscles, your facial expression, the room you are in etc. Feel your body standing / sitting in space surrounded by the air around and within you.

Then breathe in and out deeply three times and open your eyes again.

TIPS FOR OFFICE YOGA

MINDSET

Yoga is not about how far you can stretch and tear your body in one direction. It's about training your awareness and learning to perceive your body's signals at an early stage.

That means, office yoga (or yoga in your brakes) is not a "punishment", but rather a great way to arrive in the here and now, train your body awareness and of course release tension.

BREATH

Put simply: you inhale when you "open" or stretch your body and exhale when you "close" or contract your body.

PLACE

You can practice yoga anywhere; on a yoga mat, standing, walking, or at a desk.

WANT MORE

If you find that yoga is "just your thing", I recommend using an app, such as: DOWN DOG. Here you decide for yourself how long, with what focus, what level etc. you want to practice. Best app on the market (if you ask me).

COFFEE BREATH

Sit on the front of the chair and assume an upright posture. Place two loose fists next to the shoulders and relax the arms and shoulders (the elbows are close to the body).



Inhale and exhale deeply.

Begin the exercise by inhaling forcefully through the nose, stretching the arms upward and letting the fingers point toward the ceiling.

Continue with a strong exhalation through the nose, letting your arms drop down so they land back in the starting position.



Continue the exercise, breathing in and out through the nose forcefully and dynamically - 20 times.

Repeat the exercise 3 times.

HOMWORK WEEK 2

1. Start with 2-3 yoga exercises.
2. Sit down and perform a breathing exercise of your choice (week 1).
3. Do three rounds of coffee breathing (20 dynamic breaths each).
4. Finally, meditate – for example with the Body Scan.

HOME PROGRAM
(FROM NOW ON ALWAYS
THESE THREE STEPS)

“I will practice the snapshot exercise and 2-3 office yoga exercises at least 1 time a day in the office. I will remind myself by:

MOMENTS OF SILENCE
