

Observe and accept

The purpose of this exercise is to relax and be more present. It is also to help us work with thoughts that might hinder us from reaching our goals.

Exercise

Sit down or lay down and give your body a chance to get comfortable. Take in how the body feels on the floor or chair, the sounds around you and all physical experiences

Let your focus go to your thoughts and just observe them. Are they in the future? Experiencing things in the past or thinking about things in the future.

Let your focus go to your breath and follow your in- and out breath for a few moments. Then do the following

Breathe in, 4 seconds
Hold your breath, 7 seconds
Breathe out, 10 seconds



Repeat 3 times

Breathe normal

Focus on your breath the coming 2-3 minutes.

Let all thoughts come and go

...when a thought appears, follow it, observe where it came from and then re-focus on your breath, being here and now

Slowly come back to your surroundings, let your focus go to your senses, how the chair or floor feels, what you can hear and when you are ready open your eyes