

5-4-3-2-1

Find a comfortable seating position for your body and a point in the room where you can let your gaze rest. The eyes are open at first!

At the end of the exercise, simply count backwards from 4 to 1. At the number 4, move your feet and legs again, at the number 3, add your hands and arms, at the number 2, stretch your entire body with torso and head, breathe deeply again and at the number 1, open your eyes refreshed and wide awake.

You know that throughout the exercise you can allow yourself to make any physical change that is important to maintain your well-being. Of course, you can always withdraw beforehand in the manner described above, or consciously use the exercise without withdrawal to fall asleep.

Tell yourself out loud or in your mind what you are perceiving with your senses in this moment:

5x : I see...!	→	5x : I hear...!	→	5x : I feel...!
4x : I see...!	→	4x : I hear...!	→	4x : I feel...!
3x : I see...!	→	3x : I hear...!	→	3x : I feel...!
2x : I see...!	→	2x : I hear...!	→	2x : I feel...!

Lastly

1x : I see...!	→	1x : I hear...!	→	1x : I feel...!
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Tips:

It's okay to name the same perceptions/sensations over and over again!

If, for example, sounds disturb you during the phase of seeing, simply switch to hearing and integrate the sounds into your perception in this way.

If you get confused with the sequence of the exercise, this is a sign that you are doing well and relaxing particularly quickly. You can then either linger in that state or "guess" where you were and continue.

During the exercise, if you notice your eyes wanting to close, let them close! You can then either describe the specific perceptions of the closed eyes or just listen and feel.

For some, it enhances the positive effect of the exercise if they speak the perceptions aloud while hearing their own voice.