

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.

The tree

Find a quiet, undisturbed place and perform the exercise while standing.

Stand comfortably, with both feet firmly and securely on the floor. Now close your eyes and spread your arms.

Imagine that roots start growing slowly from your feet into the ground. They connect you firmly to the ground. You stand like a strong and steady tree, on a meadow.

It is a windy day and you feel the wind blowing through your branches. Let the wind blow through your branches and move your arms to it. The wind is now getting stronger and stronger and you start to move your upper body, your trunk, into the direction of the wind.

Your feet, the roots, are meanwhile firmly anchored in the ground. The wind comes from the right - from the left - from the front - and from behind.

Now you feel how the wind gradually decreases and your branches are moved only occasionally and slightly, until they are finally completely calm again.

Now focus your attention on your roots. All the energy you take up from the ground with your roots flows through your trunk, through your entire body, down to the last little branch, your fingertips. Really fill up with life energy and strength! Gather this flow of energy.

When you are ready, say goodbye to your tree existence and become yourself again. You consciously breathe in and out deeply, stretch your arms and legs and come back to the here and now.

What do I experience when bouldering?

Take 5-10 minutes of your time.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions about them.

Be aware, there are no right or wrong observations!

Topic: _____

- 1) How did I experience today's theme in the group and while bouldering?

- 2) How did I experience today's theme in myself?

- 3) What do I take away from the bouldering session for my everyday life?

- 4) What else did I notice / notes for the therapists?

Dealing with your own limits

Take 5-10 minutes.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions.

Be aware, there are no right or wrong observations!

Do you know your limits? Are you always aware of them?

What are the limits in bouldering?

What is the function of limits, what are the advantages and disadvantages?

What happens when we overestimate or underestimate boundaries?