

Breathing meditation

Take 5 min every day and do the exercise while sitting.
Maybe set an alarm clock for yourself.

Find a comfortable, upright seating position.

Feel the points of connection to your chair.

Feel your feet firmly on the ground.

Take your time to settle into your seat.

Relax all muscles that you do not need to sit upright (shoulders, your face, etc.).

Close your eyes or set your gaze to be in front of you.

Thus prepared, now turn your concentration inward and bring your attention to the breath.

Breathe in deeply and out again. Observe the breath without influencing it.

Feel how the breath flows through your nose into your lungs, and how your chest rises and falls. Breathe deeply into your belly, and feel it rise and fall.

Some breaths may be shallow, others deep. Remain in non-judgmental observation.

Notice each breath from beginning to end.

Repeat in your mind "in" when you inhale and "out" when you exhale.

Whenever you notice that your mind is somewhere else, kindly but firmly bring your attention back to the breath.

Whatever else is perceptible may be there.

You don't need to do anything with it at all, pure observation.

After 5 minutes, finish the exercise by slowly deepening your breath and moving your body again. Be aware of your surroundings and give yourself a smile :)

If you like, write down your experiences, thoughts and questions.

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?

Social relations

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!

What do we need relationships for anyway?

What is the function of a social network?

How are social relationships maintained?

When and through what do relationships break down?