



Competences and framework for social system youth workers.



Erasmus+

# Exercises



## Exercise 1 - How to deal with difficult emotions – stomping

Mindfulness is the art of conscious living, developing the ability to focus attention on what is happening at the moment, both in the physical and mental sphere. We learn to receive experiences as they are without habitual evaluation.

Conscious self-observation, allows you to break a vicious circle in which we often automatically react with anxiety or other difficult emotions to stimuli appearing in our lives.

In practicing mindfulness it is important to make contact with your body, which is possible, for example, through physical activity.

In a situation where difficult emotions such as stress, anxiety, fear, anger appear, e.g. before an important exam, interview or public speech, try the following exercise.

1. Stand barefoot on the floor or on a natural surface (grass, sand, etc.)
2. Set your feet on hip width apart
3. Breathe naturally for a moment focusing on the inhalations and exhalations
4. Move your attention to your feet, feel their weight
5. Keep your knees slightly bent
6. Start stomping raising your legs not too high, so that the largest possible surface of the foot can hit the ground safely
7. Tup as fast and hard as you need
8. Breathe with your mouth open
9. You can attach arm swings if you feel like it
10. You can also add sounds, speak or shout out some words
11. Instinctively follow what you need
12. Perform the exercise for as long as you like or as much as your external conditions allow You
13. When you finish, stand still and observe what is happening in your body

It is an exercise that aims to revive the feet and whole legs. It allows you to draw energy down, throw out unnecessary emotions and feel more secure, and also feel joy through grounding.

## Exercise 2 – releasing emotions

The Sedona method is a simple technique for releasing difficult emotions that can be used anywhere, anytime. It is based on the assumption that in situations where difficult emotions appear, e.g. anxiety, fear, shame, anger they should be accepted and we should let them go away instead of fighting them or escaping from them.

The following exercise can be considered aa a variation of the Sedona method. It is enriched with an element of physical activity, which has to intensify the final effect whom is to be released from unwanted emotions.

When difficult emotions arise, do the following exercise standing

1. Take the ball in one hand (you can use any object that can be dropped or thrown away).
2. Focus on the feeling of unwanted emotion. Do not fight with it just observe how you feel it, where in the body the most you feel it.
3. When you identify this place in your body, put your other hand on it.
4. For a moment, try to focus attention on both hands at the same time.
5. Perform the symbolic gesture: "I take out unwanted emotion from my body and I put into the ball."
6. Focus your attention on the ball. Think about: How do you feel it now? How has her weight changed?
7. Drop or throw the ball. Do it the way you need it. Put as much energy and power into this gesture as you want.
8. Observe how the feeling of unwanted emotion in your body has changed.
9. Repeat this exercise for as long and with such power until the difficult emotion disappears completely.

Remember! Before you do the exercise, make sure you can throw the ball without damaging the surroundings;)

## Exercise 3 – confidence training

Lack of self-confidence in relations with other people make it harder in functioning in society and is a source of appearing difficult emotions such as stress and anxiety.

The following exercise allows you to enter a state of relaxation and increased self-confidence, thanks to which we will function better in interpersonal contacts. It can be used before or during a social event that causes fear and uncertainty, if conditions permit.

The exercise consists of the following steps:

1. Breathe in slowly, counting to five.
2. Let the air out by saying out loud: "It's just people, not dangerous animals! They won't hurt me! I can do it!" If the conditions do not allow these words to be spoken out loud, say them in your head. The sentences given here are examples. If you want, replace them with your own positive statements.
3. Repeat the above steps several times, while trying to relax your tense muscles. Stress usually causes tension in places such as neck, shoulders, chest or back. Pay attention to these places. Breathing out and saying the words, try to relax your tense muscles at the same time.
4. Observe your voice. If it is uncertain and nervous, make every effort to change him into firm and sure.
5. Pay attention to the thoughts that appear in your head. If they are the sentences: "They won't like me. I'm going out for a fool. They will laugh at me. I do not know. I can't handle it, etc., give them resistance. Replace them with positive statements:
  - Everything will be fine - it's just people!
  - There are no perfect people!
  - Nobody has the right to judge me!
  - I don't have to be perfect!

Practicing this exercise on a daily basis will bring tangible benefits in the process of building confidence. When doing this training at home, stand in front of the mirror, thanks to which you will be able to observe and make changes in your body posture.



## Exercise 4 – Getting rid of restrictive beliefs

Beliefs are generalizations about the reality that surrounds us or ourselves. Each of us has our own individual set of beliefs. This set determines how we behave on a daily basis.

Beliefs can be positive, i.e. those that support us in everyday life and drive us to action. They should therefore be nurtured and should be strengthened.

If our set of beliefs contains ones that limit and inhibit you, you need to get rid of them, because they are a source of unwanted emotions and they affect negatively on the quality of our lives.

Below is a very simple exercise to help to free yourself from limiting beliefs.

It consists of the following steps:

1. Think about a situation that is difficult for you and causes you unwanted emotions (anxiety, fear, uncertainty, shame, etc.). It may be an event that has occurred in the past or is just ahead of you.
2. Think about what limiting beliefs related to the above situation appear in your head ("I can't handle it, I'm too stupid, the poor always have a wind in the eyes" etc.)
3. List all these beliefs on a piece of paper. Take as much time as you need to list all that limit you and contribute to negative emotions.
4. When the list is closed, tear the card into small pieces. Put into it as much energy as you need in this activity. To enhance the effect, you can add some sounds or words, such as "enough of it!, End it!"

Repeat this exercise if you need it. You can use it as supportive, together with others in the process of working on limiting beliefs.