

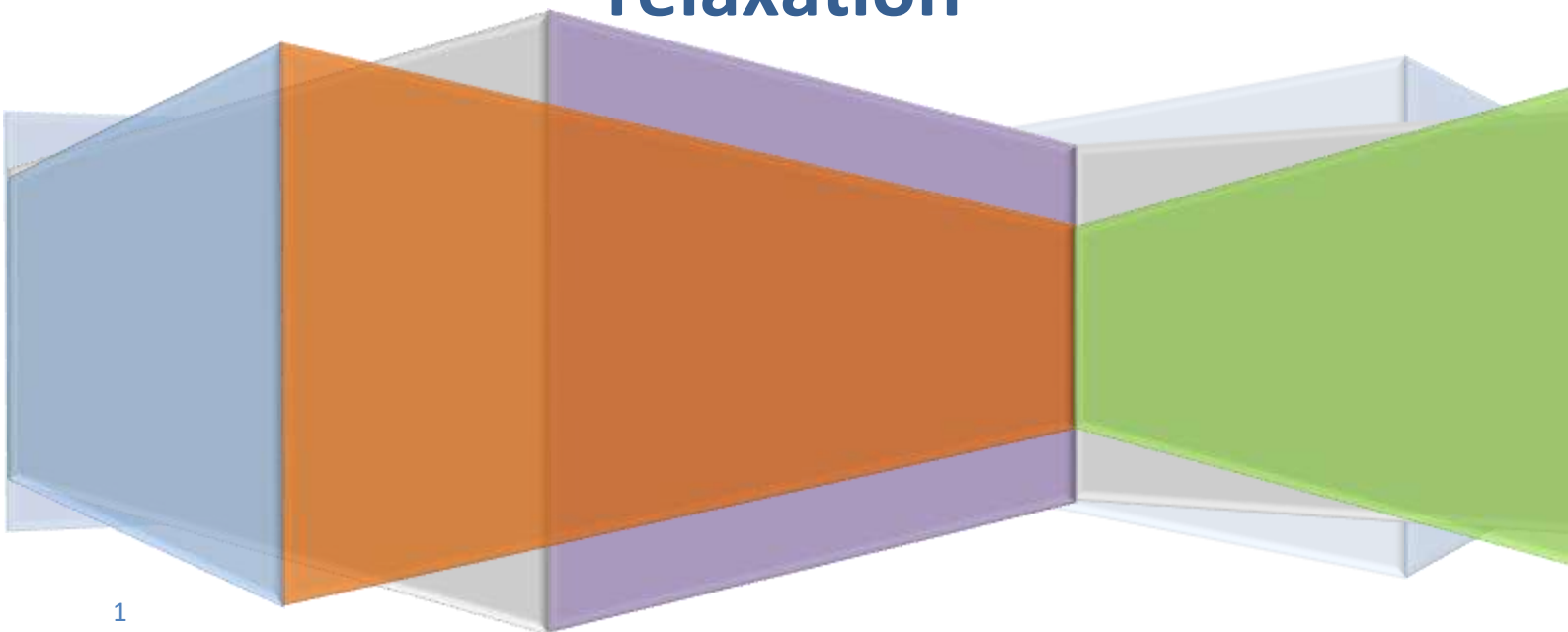


## **IO2. Task 2.2**

**Work slowly, work better**

**Training toolbox**

**Name of the skill: Stress and lack of  
relaxation**



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**NAME OF THE TOOL: "One-minute meditation"**

**ORGANIZATION AND COUNTRY: Orange Hill Poland**

Online  Face to face

Individually

**Overview (What I am going to learn?):**

Thanks to the implementation of the exercise, participants will:

- learn to recognize memories and destructive thoughts as they arise. You can learn to observe negative thoughts as they arise, let them stay just for a moment, and then watch the negative thoughts disappear
- meditation makes the mind clearer and the person begins to see the world openly and consciously
- learn how to eliminate negative thought patterns, thanks to which you can become more mindful and aware of your behaviour
- bring more joy, fulfillment and relaxation into their lives
- stop to act under the influence of impulses and to react repeatedly to emerging stimuli
- learn patience, open-mindedness and perseverance and coping with stress

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**Objective (What am I going to learn it for?):**

By increasing mindfulness, it is possible to break with certain unconscious ways of thinking and behaving that prevent us as humans from enjoying life to the full. Much of our behavior, including criticizing ourselves and others, comes from habitual ways of thinking and acting. As we give up some of these habits, negative thought patterns will gradually disappear, and then you will become more alert, aware and relaxed. It is relatively easy and direct to break up with negative habits. It is enough that, for example, you will not always occupy the same place at the table or you will go to work in a completely different way on a given day. Such daily activities, combined with a short meditation, will bring more joy, fulfillment and relaxation into your life.

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**Materials:**

A step-by-step instruction for a one minute meditation. You should meditate in a quiet place, e.g. your own home. You should be sitting upright in your chair.



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### Time:

Meditation takes approximately 1-5 minutes. The recommended time for practicing meditation is approximately 8 weeks

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### Target group:

The exercise has a very universal character. The exercise can be used for various target groups.

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### Instructions for facilitators

This exercise is based on Mindfulness-Based Cognitive Therapy (MBCT) developed on the basis of the scientific achievements of Jon Kabat-Zinn. Based on scientific research, it has been found that MBCT is as effective as antidepressants, and at the same time it has no side effects and contraindications to the use of this method. The role of the trainer / facilitator is to provide participants with a short instruction on how to individually conduct a one-minute meditation. The trainer should explain to the participants what conditions they should create for themselves to meditate, how they will benefit from it, and how they can relax and cope with stress in life. Meditation focuses all your attention on how your breath flows into and out of your body.

### Tasks and procedure

Instruction:

1. Sit comfortably in a chair with a straight back. If possible, put your back away from the backrest a little so that it rests on your spine. Straighten your back. You can put your feet on the floor. Close your eyes or look down.
2. Focus on your breathing: how air enters and leaves your body. Stay in touch with your feelings, feel your breaths. Watch your breaths without waiting for any exceptional event. There is no need for you to change your breathing pattern in any way.
3. After a while, your thoughts may begin to move in different directions. When you notice this, bring your thoughts back to your breathing. Don't be distracted. Becoming aware of the wandering of your own thoughts and restoring your attention without criticizing yourself is the basic principle of mindfulness meditation.
4. Your mind may or may not become very calm. The feeling of complete tranquility, even if it occurs, can be very fleeting. If it makes you angry or irritated, realize that this feeling of anger can also be fleeting. Whatever happens, let it be as it is.
5. After a minute, open your eyes and look again at the room you are in.



### Adaptation to online implementation

The exercise can be performed individually, but the instruction for participants may be during the training or on-line. The trainer, facilitator can also be a moderator of this exercise and give you step-by-step instructions on what you should do.

### Connection with the skill

- Stress and lack of relaxation
- Mindfulness training and elimination of negative stimuli

### Conclusion and evaluation

Mindfulness training should be carried out daily for at least 8 weeks. You will be able to judge by yourself whether you can calm down and focus only on your breathing. The evaluation of the results of this exercise is very individual and subjective. Psychological studies show that people who meditate regularly are happier and more content than others. Positive emotions have to do with a longer and happier life.

Benefits of using one-minute meditation on a regular basis:

1. Anxiety and depression are less intense thanks to regular meditation.
2. Memory, reaction time to stimuli and physical and mental condition are improved.
3. Better and more lasting relationships can be built.
4. The stress is falling.
5. Blood pressure lowers.
6. You can get rid of the pain.
7. Meditation is helpful in fighting addictions.
8. The functioning of the immune system improves



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