



goals for the fifth evening

5

- ✧ review last week's intentions
 - ✧ autogenics: breath, 2nd differential, eleven breath exercise
 - ✧ exercise, diet (breakfast & lunch), alcohol, weight, sleep – personal intentions for these 'basic skills'
 - ✧ to understand and respond better to intrusive thoughts (rumination & worry), the appreciations exercise
-



the practice for this week

5th week's exercise:

Both arms are heavy and warm
Both legs are heavy and warm
The pulse is steady and calm
Breath breathes me
Neck and shoulders are heavy
I am at peace

.....

every day: practise this standard breath exercise at least once daily. Also at least once daily practise the second differential exercise. About 50% of all exercises should be without a tape. Explore if therapeutic writing might be useful for you.

ATTENTION!



1st four sessions: progress so far

*how did last week's intentions go
and any lessons for this week's intentions?*

- ✧ autogenics: pulse focus, first differential & twelve breath exercises
 - ✧ exercise: stamina, strength, quantity, variety
 - ✧ diet/alcohol/weight: fruit & veg, fish, snacks, meat, dairy, alcohol units, smoking, bmi, etc
-

main components of the journey

- ✧ basic skills: exercise, diet, weight, alcohol, smoking, sleep
- ✧ meditation: autogenic training, applied relaxation, visualisation, mindfulness, compassion
- ✧ relationships, emotional intelligence, social networks
- ✧ wellbeing: positive emotions, self-determination, happiness





next three sessions of the course

- ✧ autogenic training: continuing to develop depth in formal sessions and application/mindfulness
 - ✧ continuing with exercise, diet, alcohol & sleep ...
 - ✧ worry & rumination and the garden of eden!
 - ✧ savouring, appreciations and gratitude
 - ✧ emotions – both so-called ‘negative’ & ‘positive’
 - ✧ relationships, ‘personal community’, intentions
-



developing skills in application

formal practice

developing a trigger phrase/focus

first "differential" practice

when you are not using the recorded exercise try other simple activities as

second "differential" practice

challenges: for example eating, walking, cleaning your teeth & so on

the reminder dot exercise

stressful real life situations

