

Labelling

Mindfulness

THERE IS ...

Please take an upright and relaxed sitting posture. When you have found a position that is comfortable for you, you can close your eyes and kindly turn your attention towards yourself.

First, observe the thoughts you are having in this moment.

And say to each thought silently to yourself: There is the thought ... (e.g. There is the thought "What is the purpose of this exercise?" / There is the thought "Will I still manage to prepare the next meeting in time?"). Let your thoughts flow freely, invite every single thought to show up in front of you.

And when you have become aware of all your current thoughts, then now observe your body and its signals. Wander with your attention through the whole body. Proceed in the order that is comfortable for you.

Maybe from bottom to top or vice versa ... or ... from the heart region to the different parts of the body. Notice all the body signals and say to yourself in each case: ... "There is ..." (e.g. "There is an itching in the neck. / There is a pulling in the arm. / There is a tingling in the hand.").

When you have observed and named all your current body signals, now notice your current emotions. Say to yourself in each case: "There is the feeling ...". (e.g. "There is the feeling of balance / anger / relaxation / contentment ...").

Take about 5 minutes for this exercise

After the exercise take some time to reflect.

e.g. How is your overall mood? How do you feel right now? Do you notice a difference to before the exercise or during the exercise?