



MEDITATION EXERCISE LEARNING TO REGULATE EMOTIONS

With this meditation you learn to recognize, observe, accept and let go of your own feelings.

INTRODUCTION

During the course of our lives we experience countless different feelings that can strengthen us positively or influence us negatively and exhaustingly. In addition, our own resistance to the unpleasant feeling can make us even more tired. It is human nature that we try to keep good feelings. What we do not want to admit is that feelings are not lasting. We are disappointed when positive feelings disappear. Equally, we want to get rid of bad feelings like fear, stress or tension as quickly as possible.



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EXERCISE

Try to integrate this exercise as a daily ritual in your everyday life to achieve long-lasting success.

1. **Breathing:** Begin the meditation by slowly breathing in and out deeply for about 1-2 minutes.
2. **Awareness:** Pause and feel your body. How does your body feel right now? Be aware of your feelings which are there at this particular moment. Welcome each new feeling and allow it to be there. You do not have to do anything, just perceive.
3. **Observation:** Observe what these feelings trigger inside of you.
4. **To name it:** Now, name the feelings you are observing. Which of your feelings presents itself most strongly? Is it a pleasant, unpleasant or a neutral? feeling Have an inner dialogue by naming the strongest feeling e.g. as follows :

"It's not me that's tensed, it's the tension inside of me."

5. **Acceptance:** Accept this feeling by saying the following words loudly or silently to yourself:

"I have this feeling of tension, but I am not the feeling!"

By consciously experiencing the feeling, we bring distance between us and the feeling. When we realize that we are not the feeling, but that the feeling is only a part of us, we can give less energy to the feeling through this realization and acceptance, and in this way weaken it.



6. Letting go: You can start the process of letting go for example by saying the following:

"I am aware that all feelings and so as the feeling of tension is temporary and I allow myself to let go of it."

And because we know from experience that every feeling passes, you can calmly devote yourself to the next moment which may already bring the next feeling.

Now slowly finish the meditation. Finish your meditation by breathing in and out slowly for a while – (1 to 5 minutes). Afterwards you can take some time to write down your thoughts and inner pictures in a special diary.