goals for the fourth evening

✧ review last week’s intentions
✧ autogenics: pulse, 1st differential, implementation, 12 breath exercise
✧ exercise: stamina & strength – maintain, maybe build/innovate
✧ diet, weight, alcohol & smoking – mortality, stress & wellbeing
✧ specific intentions for this week
the practice for this week

4th week’s exercise:

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

every day: practise this standard pulse exercise at least once daily. Also at least once daily practise the first differential exercise. A minimum 50% of all exercises should be without a tape. Remember too choice, control & freedom!

ATTENTION!
1st four sessions: progress so far?

- autogenic training
- physical exercise
- diet
- weight
- motivation
- self-determination
- goal setting
- stages of change

Last week’s pair exercise: how did the intentions go and any lessons for this week’s intentions?
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
do you want to be 14 yrs younger?

- 20,224 UK adults
- aged 45 to 79
- no initial cancer/CHD
- health behaviours rated
  - not smoking
  - physically active
  - at least 5 fruit & veg daily
  - 1-14 alcohol units weekly

unhealthy behaviours & stress

unhealthy behaviours like smoking, alcohol abuse, and overweight increase the risk of depression more than depression increases the risk of smoking, alcohol abuse & overweight