goals for the fifth evening

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

second “differential” practice

the reminder dot exercise

stressful real life situations