

Taking a Breathing-space: Seeing what is most needed

Summary

During this activity, participants will experience how they can calm the nervous system by using mindfulness meditation. This technique will help to reduce the fight-flight-freeze response when confronted with aggression. And it will also help to access the more evolved, more empathic part of our brain. It helps us to see what is actually happening and what is really needed. Afterwards, the participants can practice this tool daily.

Aims

- Experience how mindfulness interventions work
- Knowing how and when to use the mindfulness *Breathing-space*
- Having tools to avoid reactivity whilst dealing with aggression
- Practising short mindfulness interventions regularly

Participants

Adults in a work environment

Method

- Knowledge transfer
- Meditation
- Reflection

Source

Kabat Zinn, J. (2004). *Wherever You Go, There You Are*. London: Little Brown UK.

Williams, M., & Penman, D. (2011). *Mindfulness*. Amsterdam: Atheneum.

Keywords

Mindfulness, meditation, what's present, what's most needed

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Description

An individual or group will start by experiencing the meditation.

Afterwards, the theory of the mindfulness intervention *Breathing-space* and its benefits are being explored.

The participants will reflect upon the technique and share their insights with others.

Lastly, the participants will practise once more with the technique.

Material

Handout

Pen and paper

Advice for Facilitators

- Please let these meditations be guided by experienced mindfulness trainers who can be found all over Europe.

Handout

Yes, the text below can be used by the facilitator and by the participants as a reference.

Category: Mindfulness, Group size: Individual, Duration: 60 min

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