



THE MINDFUL PATH: MANAGING STRESS WITH PRESENCE

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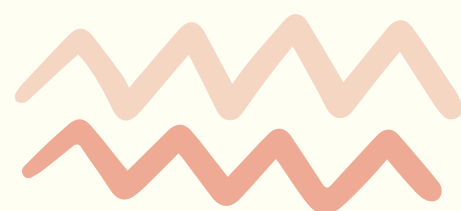


**Primary school Vladimira Nazora,
Vinkovci**



Stress scale

**Where am I
now?**

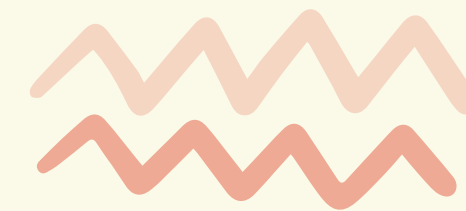
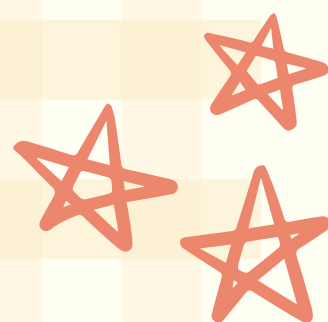


One mindful breath





WHAT IS MINDFULNESS?



Mindfulness is the state of paying active, open attention to the present moment.

A type of cognitive psychotherapy -
based on meditation





BENEFITS OF MINDFULNESS

1

Better attention, memory and focus

2

Reduced impulsive behaviour and emotional stability

3

Greater compassion and self-care

4

Lower anxiety and stress

5

Clamness and relaxation

6

More self-confidence and emotional awareness





ACTIVITY 1: CALENDAR

Instructions:

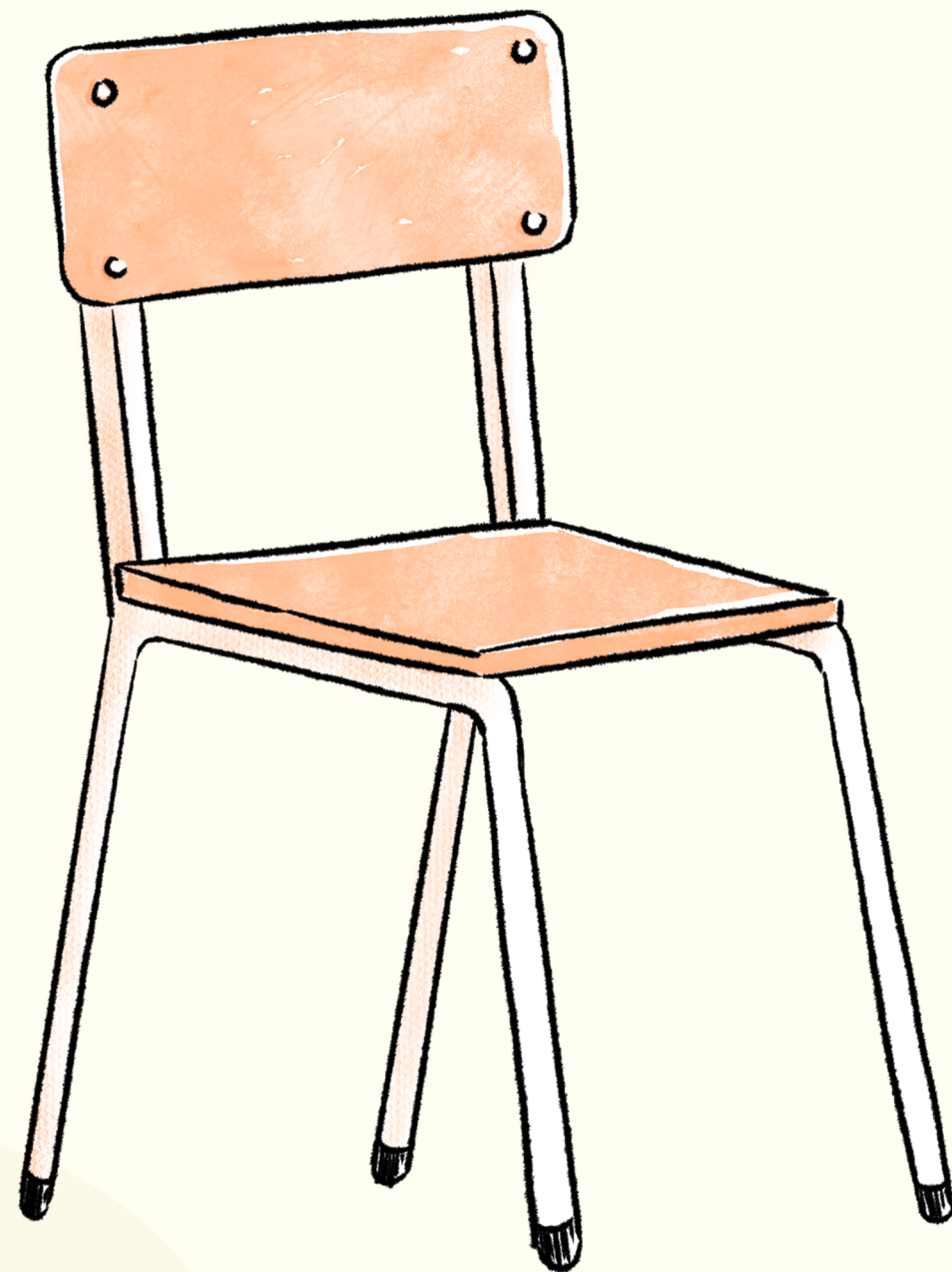
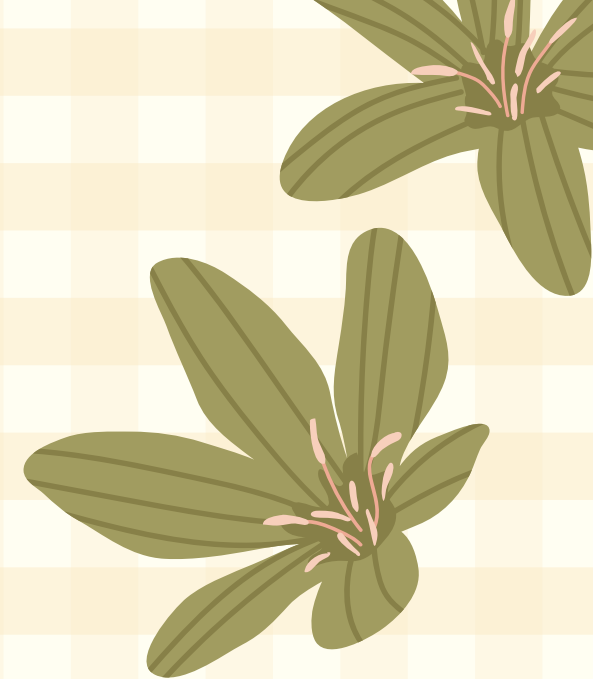
Mark your daily tasks (family, work, personal)

Mark the time that is just for you (what brings you joy)

**Daily obligations
chart**



ACTIVITY 2: THE CHAIR





BURNOUT PREVENTION

1

What can I remove from my calendar?

2

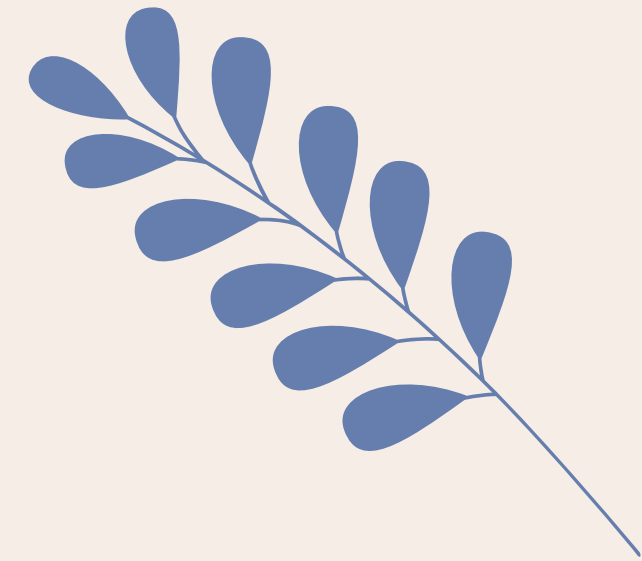
For which tasks can I ask for help?

3

What can I postpone?



WHAT WOULD MAKE YOU HAPPY?





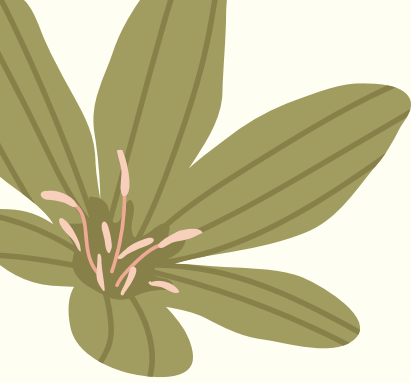
STRESS MANAGEMENT TECHNIQUES

EXERCISE 1:

BODY SCAN

well
done!



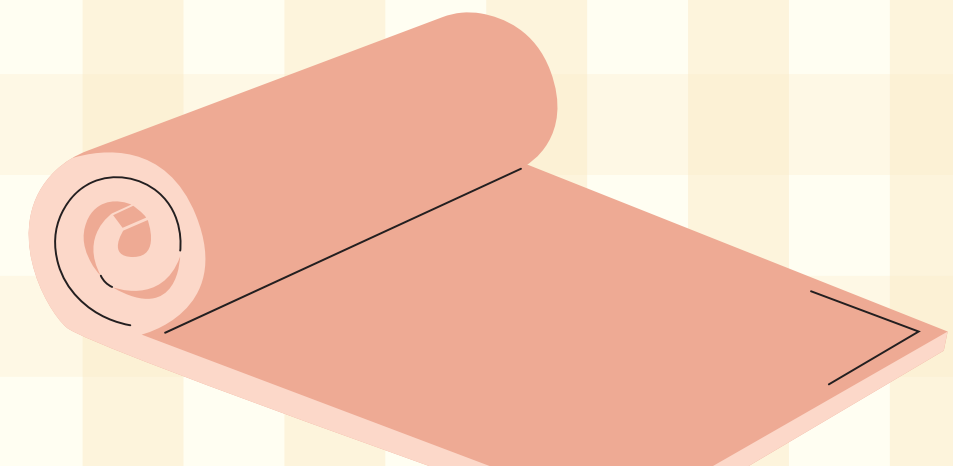


BREATHING TECHNIQUES



FOCUSED BREATHING

- **five minutes each day**
- **use it in moments of tension, anxiety, or when you feel the first sign of panic.**



FEET-SEAT AND HANDS EXERCISE



1

Lift your foot off the floor, take a deep breath in. Lower your foot and breathe out.

2

Gently lean to the side — breathe in as you lean. As you come back to the center, breathe out.

3

Press your palms together and rub them quickly. Count to ten. Place your warm hands on your legs.



HIGH-FIVE BREATHING

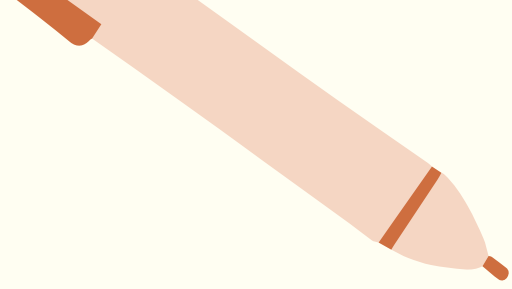
HIGH-FIVE ACTIVITY



**What are you
planning to do
today?**

**What will make
you happy
today?**

**What will you
do for yourself
today?**



THANK YOU!



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