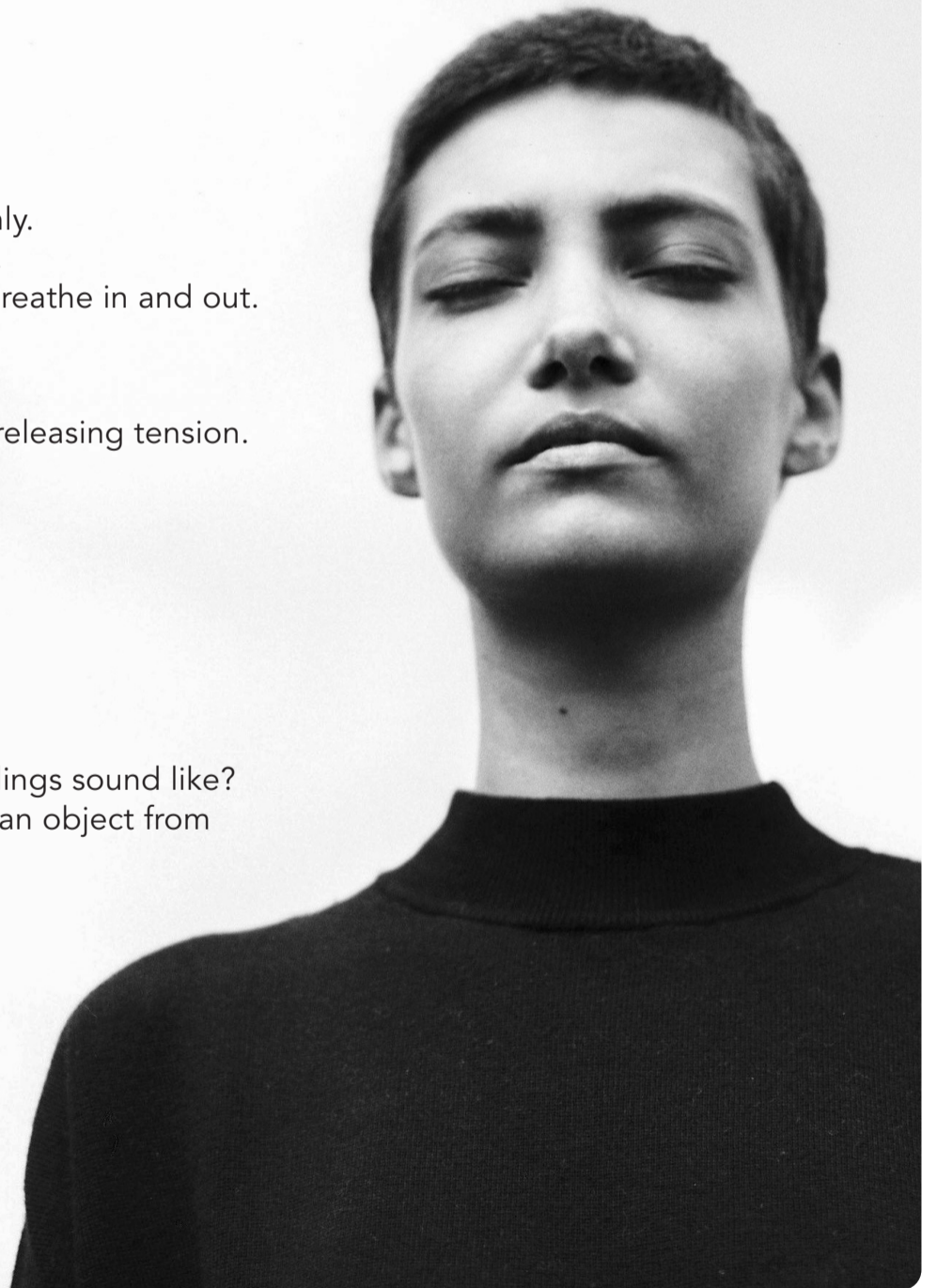


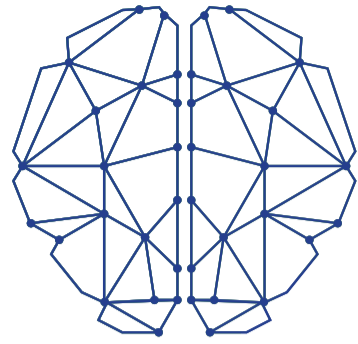
4 PERCEPTION

HOW TO BECOME MORE MINDFUL

To live mindfully is to be happier. Mindfulness exercises train self-perception and, at the same time, reduce stress. In the long term, the ability to relax is promoted.
How mindful are you?

- 1 Stand comfortably**
Keep your back straight, relax your shoulders and let your arms hang loosely.
- 2 Breathe consciously**
It is important to inhale and exhale calmly and evenly. Succumb completely to the natural respiratory flow. For several breaths, observe consciously how you breathe in and out.
- 3 Strengthen your body awareness**
This means consciously listening to your body and releasing tension.
- 4 Place your focus on the positive**
Focussing on the good things makes you happy. When we focus on positive impressions, we remain able to act and our well-being increases.
- 5 Use your senses**
Close your eyes. What do your immediate surroundings sound like? Are there any particular smells? Can you recognise an object from your surroundings by touch alone?
- 6 Return to yourself slowly and open your eyes**
You should consciously perceive how you feel. Were there any special impressions or particular sensations? And then we continue slowly.



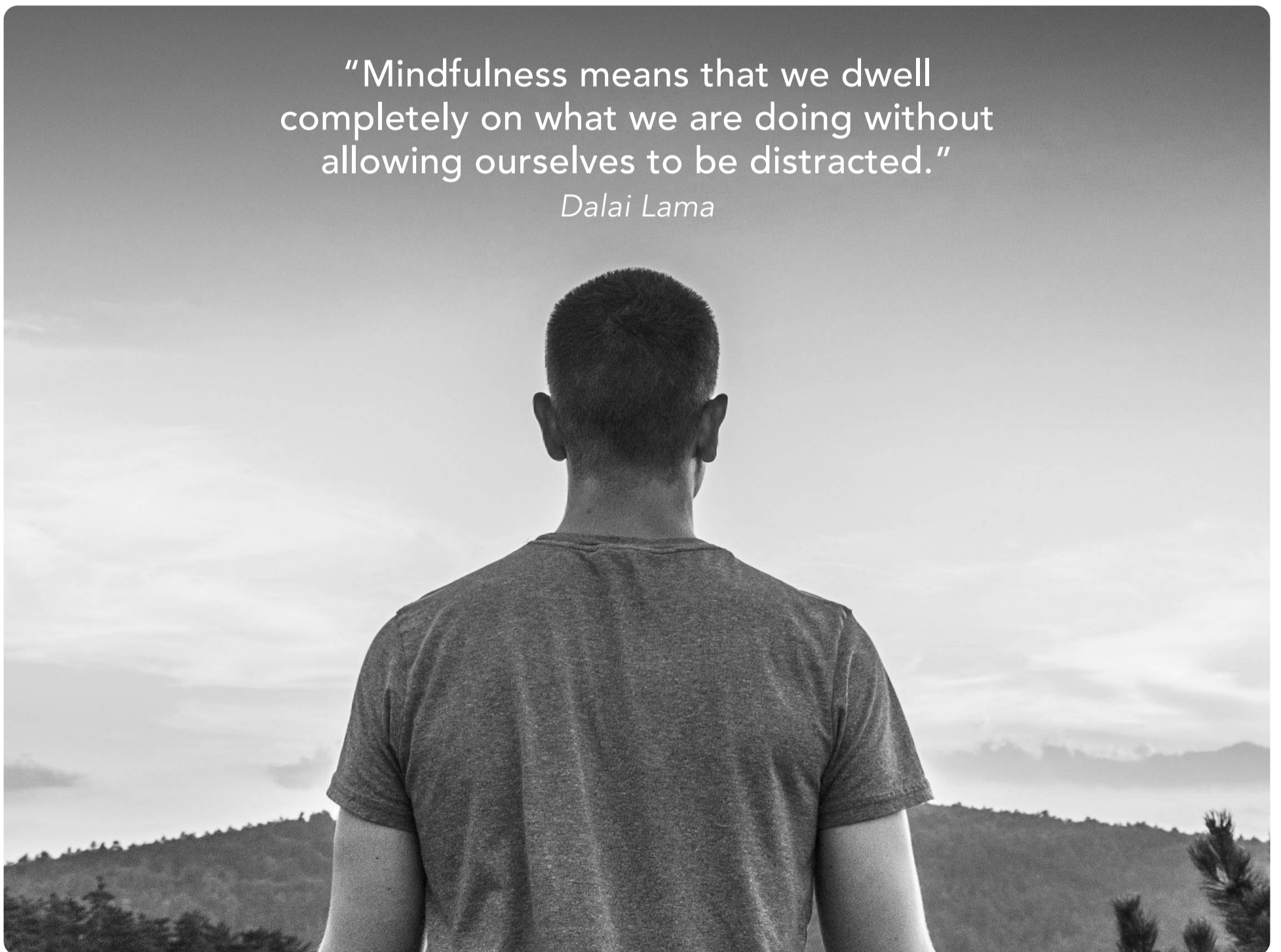


MAS GEDÄCHTNIS PARCOURS

4 PERCEPTION GOAL

“Mindfulness means that we dwell completely on what we are doing without allowing ourselves to be distracted.”

Dalai Lama



Train your mindfulness

Mindfulness is not just a technique or exercise, but an attitude towards life. Mindfulness means: being in the here and now, rather than constantly thinking about the past or worrying about the future. Mindfulness teaches us to value every

moment: whether it is a meadow of flowers, a pleasant scent or somebody's smile.

Absolutely anyone can improve their mindfulness. There are many exercises that can easily be integrated into everyday life. So: Try it out and decide which exercises suit you best.