

Quick Stress Release Exercises for busy parents



Target group	Adult learners
Setting	<ul style="list-style-type: none">• Frontal lecture• Group work• Plenary
Time	90 minutes

MATERIALS NEEDED

MATERIAL	Y/N
PROJECTOR	Y
Flipchart	N
Printed handout	Y
Other (please specify):	N

ACTIVITY DESCRIPTION

Frontal lecture

What is stress and how can I cope with it in a homeschooling (or general parenting) situation?

Practical Exercise:

Practicing the "Quick centering Exercise" and the "Mindfulness turbo Exercise"

Plenum:

The class shares their experiences during the exercises and evaluates their use in everyday family life



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LEARNING GOALS

In terms of adult education

Knowledge about the definition and the origin of stress as well as techniques to deal with it in a valuable way.

In terms of personal development

Knowledge about and experience of different quick techniques to release stress in challenging situations.

METHODOLOGY(S) USED

Frontal teaching

Trainer lecture -> preparatory phase

Work in groups

Execution of techniques for relaxation and mindfulness

Plenum

Evaluation and Feedback



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Input about stress

Stress is the organism's reaction to a demand and results from the interaction of thinking, feeling and acting. In this process, our inner evaluation patterns are responsible for feelings we have based on experiences: whether we feel a situation is stressful depends on our individual evaluation of the situation. The body reacts with the "fight or flight" response.

Quick exercises for Centering and Mindfulness

Breathing

Close your eyes. Balance yourself on your feet. Straighten your back, stretch the top of your head towards the sky. Now let your breath fill first your belly, then your chest. As you exhale, let the breath escape first from your chest, then from your belly. Repeat the breathing exercise a few times. Conscious, slow breathing calms body and mind.

Opening your vision

Look at a point. Now allow your eyes to relax and see left and right up and down while keeping your gaze ahead. You can use the hands to help by moving them out either side slowly as if you were opening curtains and checking that you are aware of them both at once. (From "Centring- why mindfulness isn't enough" by Mark Walsh)

