



## Helping the head, heart and body



The following recommendations are intended to serve as support and suggestions, which can always be individually adjusted and modified.

In strenuous times with a lot of tension it can be difficult to remain balanced and content. For strong feelings give us a nudge and thus show us that something has unsettled the balance and that we need to take action in order to feel **okay**.

Our thoughts, feelings and our bodies are closely linked to one another and influence each other. Some people sense above all in their bodies that something is not right, others are more likely to notice how their thoughts or feelings change. The same goes for the “medicine” for this: Some people are particularly good at using their bodies to feel better, others more their thoughts or feelings. The good thing is: All the options work equally well and so every person, whether small or grown up, can try out what helps particularly well and use it.

For this reason you will find completely different exercises which help to come closer to feeling **okay**. To this end it is important to first of all find out what is the matter at the moment. For sometimes we have to re-energise in order to feel better, sometimes it is the other way round and we are almost “bursting” from the pressure which urgently needs to be directed somewhere.

So always take three steps if you don't feel well:

1. Use the smiley table to help ask yourself: “What's the matter with me at the moment?”, “How am I feeling at the moment?”
2. Look for the mini-exercises belonging to the smiley.
3. Try out a mini-exercise to help you turn a **Bleak**, **Listless**, **Skittish** or **Irritated** into more of an **Okay** and observe how your feelings change.



**Bleak**

**Bleak** means you feel downcast or sad, are grumpy, have no interest in doing anything and find that nothing is fun.



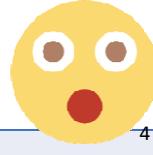
**Listless**

**Listless** means you feel exhausted or tired, can't bring yourself to do anything or can't really concentrate. You have no energy or desire for activities; your body feels heavy.



**Okay**

If everything is **okay** you can feel your head, heart and body. You then feel calm, relaxed, peaceful, maybe alert, curious, content or safe and well cared for.



**Skittish**

**Skittish** is a feeling where you find it hard to sit still. You feel overexcited or fired up, maybe everything is too much. Sometimes, aside from the restlessness, you also get a bit afraid or have puzzling thoughts which are not easily reassured or simply don't leave your head.



**Irritated**

**Irritated** is a feeling very often closely linked to frustration and anger. Maybe you feel as if you could "burst" and "fly off the handle". Maybe everything is just winding you up at the moment, even making you furious or you are jumpy and super sensitive.

**Mini-exercise**

**What is it for?**

**How to do it**

What's wrong - Check



- Place one hand on your tummy and one hand on your heart.
- Observe your breathing and your heart beat.
- Ask yourself: "Is this okay at the moment? Or am I **Bleak**, **Listless**, **Skittish** or **Irritated**?"
- Add a further mini-exercise which fits or has helped before in the past

Mini-exercise	What is it for?	How to do it
Emergency breathing		<ul style="list-style-type: none"> <li>- Breathe in through the nose and count to 4 while doing it.</li> <li>- Briefly hold your breath.</li> <li>- While counting to 6, breathe out regularly through your mouth as if you want to blow a candle out on a birthday cake.</li> <li>- Feel the difference and if you like repeat the exercise.</li> </ul>
Sporty medicine		<ul style="list-style-type: none"> <li>- Place one hand on your chest and one hand on your tummy.</li> <li>- Breathe in so deeply through your nose that the hand on your chest and also the hand on your tummy move. Breathe out again strongly through the mouth. Repeat this step three times.</li> <li>- From the bottom to the top tense all the muscles in your body, (feet, legs, bottom, tummy, back, arms, hands, shoulders, neck, face) until the whole body is tense. When the muscles become warm or sting slightly, bear it another 3 seconds!</li> <li>- Loosen all your muscles and shake them gently if you like. Feel how the muscles tingle slightly while the tension or listlessness flows out of them.</li> <li>- Finally, stretch out luxuriously as long as you can, first one half of your body, then the other, from your toes to your finger tips.</li> </ul>
Pressing feelings		<ul style="list-style-type: none"> <li>- Recognise the feeling that is taking up too much room at the moment and imagine placing it in the palm of one hand.</li> <li>- With the thumb of the other hand press the feeling on the palm or massage it in a circular motion until it dissolves or eases up.</li> </ul>

## Humming



- Place one hand on your tummy and the other hand on your heart.
- While breathing in deeply, in your thoughts, send the breath to both your hands.
- While breathing out, hum quietly and feel the vibration.
- If you're not alone right now and therefore don't want to hum, then just imagine the humming. That also works.

## Consoling feelings



- Recognise the feeling which needs to be taken care of and, in your imagination, place it in your palms.
- You can now place the hand holding the feeling directly on your heart or hold it gently at heart level or in front of your chest.
- Imagine how every time you breathe in your heart gathers strength and every time you breathe out it lights up.
- Let your heart radiate symbolically and take care of the feeling in your hand.
- Observe how the feeling relaxes, dissolves or is consoled.

## Holding hands



- Recognise the heavy or uneasy feeling and check in which hand you can clearly feel it.
- Place this hand in the second hand together with the feeling.
- Try out what is doing the feeling and you good. Should the second hand just hold the first? Or press, stop, restrict, stroke, warm or calm it? What else can you think of?

## Music



- This exercise needs a little preparation: For this, think of a song or piece of music which usually does you good when you're not doing so well. Which song consoles you, which one calms you down or gives you energy? Which music strikes the right note if you're angry or find everything stupid? Put various playlists together and listen to them when you need them. Maybe you will find several songs but one is already enough.

Row of animals



- Concentrate on the following mental game and help your head, heart and body to calm down. First, think of an animal starting with A then one with B then C, ... (ant, blue whale, chameleon, ..., zebra) and while doing it concentrate only on the actual animal. If you like you can play with another person and alternate. Another version goes like this: In your head, or alternating with another person, list as many animals in one group as you can think of: Animals with fur, animals in the forest, animals with feathers, animals that live in the jungle or in water, ...

Hugging yourself



- Cross your arms in front of your chest, place your palms on your upper arms and give yourself a lovely hug.  
- Try out which type of hug does you good at the moment a gentle one or one with strong pressure? With stroking or tapping on the arms?  
- Give yourself encouragement while doing it. Which phrase is helping at the moment? Maybe "Breathe deeply and it will get easier" or "It'll get better in a minute"?

Flying



- Lie face down on your tummy and stretch your legs and your arms out as long as you can.  
- Tense your tummy and bottom and press your hips into the floor. Try to lift first your arms from the floor then maybe also your legs. Keep your eyes on the floor in front of you so that your neck is relaxed.  
- At the same time keep on breathing!  
- Imagine for a moment that you are flying over the world and looking down at it from far above. If you like you can also close your eyes.  
- Tense your tummy, bottom, arms, back and legs for 10 seconds until they get warm.  
- Put down your arms, legs and your head, relax all your muscles and enjoy the feeling in your body.

X jumps



- Jump up in the air with all your strength and land with legs apart and arms stretched up and out to form an X.
- Right away jump again and this time land with legs closed and arms at your sides, like the letter I.
- Once again jump into an X and again into an I etc.

Clearing your head



- If your body feels listless or your head is thinking listless, foggy thoughts then place both hands on your head and put your fingertips on your scalp.
- Massage, activate and loosen up your scalp all over up to the forehead, temples and neck.
- Look for the foggy thoughts with your fingertips and try out which movement, which pressure and which speed helps them to start dissolving and clearing your head.

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