



I AND ME: MY SPACE

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



15 min



drawing | thinking

PURPOSE

CONNECTION WITH YOURSELF

- relaxation
- recognition of needs and resources
- recognizing and managing emotions

INTRO

* This activity can be used as a personal daily training at the beginning and/or end of the day. Its function is to help you get in touch with yourself, with your own needs and resources, while in a state of physical and mental activation, that allows a relaxed control of your emotions and the way you interact with others. It is also very useful to prevent states of physical and mental stress, particularly if you have a busy life, stressful working conditions, in which your connection with others is compromised by goals that do not take into account

* the time and the needs of the individuals.

MATERIALS

- notebook
- pen, colours

PREPARATION

- safe place
- comfortable clothes
- (optional) Your favourite music

3 STEPS

1. Find a comfortable position (preferably sitting or standing) and become aware of your body posture, of your own breathing, of the sounds you make but also of the external sounds.
2. Bring the attention to your body, starting from the head and arriving down to the feet, feeling and imagining all parts in the correct sequential order: head, neck, shoulders, chest and arms, pelvis, legs and feet. „Listen“ carefully to what the different body areas want to communicate, while trying to let go of any muscle tension.
3. When you have a clear image of your body, begin to imagine the space immediately around it, the space defined by the distance that we need to have when we talk to someone. Becoming aware of how much space we need and begin to extend this space around each part of our body. Give this a shape, imagine the texture and colour.
4. Now connect with your feelings within this space. If they were negative, make the necessary changes until you reach a state of well-being. Give yourself a few minutes to enjoy the pleasure of being in the relational space with yourself.
5. Trying to keep hold on this pleasant experience, breathe deeply several times, feeling that every time you breathe in, calmness and well-being appears and each time you breathe out, you get rid of the states of negative tension.
6. In a notebook devoted to this activity, on a daily basis, draw the imagined shape you saw - you can use the colour to give it a shape and fill the shape with colours to add the texture you imagined.



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REFLECTION

- How do I feel when I connect with myself and with the messages my body sends me? The answers to this question can be written in the diary every day.
- How do you think this activity builds resilience?

COMMENTS

- This type of daily diary creating a “chart” will allow you to be aware of your development in the relationship you have with yourself.

