Stress Reduction
and
Relaxation

What is concentration?
Definition: "Alertness is the state of active attention by high sensory awareness such as being watchful [...] or being quick to perceive and act."

What is mindfulness?
Definition: "Mindfulness is the practice of purposely bringing one's attention in the present moment without judgment, a skill one develops through meditation or other training."

The Autonomic Nervous System
The autonomic nervous system is the control centre, which functions largely unconsciously and runs bodily functions, This, in turn, is divided into sympathetic NS and parasympathetic NS. Which control the background programs of the body functions, like the heart rate, digestion, respiration. The sympathetic nervous system is in control of the fight-or-flight response and is activated when we are under stress. And the parasympathetic nervous system takes over when we rest and digest, i.e. when we take a break and relax.

Autonomic nervous system

| sympathetic nervous system fight-or-flight | parasympathetic nervous system rest-and-digets |

Yoga

Through yoga, the physical and mental levels are brought together and into harmony. It is important to accept your own physical and mental limits. The physical aspects of yoga are there to keep the body healthy or to alleviate physical ailments. The exercises strengthen and stretch the muscles, release tension and help relaxing, as well as promoting concentration.

The mental goals of yoga include trust, positive thinking and better memory. The increase in mindfulness towards the world and oneself primarily serves to expand awareness, which ideally has a part in everyday life.

Meditation

The practice of meditation is the training of concentration. As practice increases, concentration becomes mindfulness. And in the further course this mindfulness should accompany everyday life, so that meditation is not only possible in silence, but daily tasks become meditative. In order to make this possible, meditation practices the observing of thoughts, feelings or sensory impressions without evaluating them, a skill that can be transferred to everyday situations with regular practice.

Breathing exercises

When it comes to breathing, it is interesting to know, that the regular practice of slow breathing, especially long exhalations, increases the parasympathetic tone and decreases sympathetic activity, thereby improving heart and respiratory functions.

Kinaesthesia

Also referred to as Proprioception, from the Latin proprius „self" and recipere „to take in", is the sense of self-movement and body position. It is sometimes described as the "sixth sense".

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Internet source:

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Picture:

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