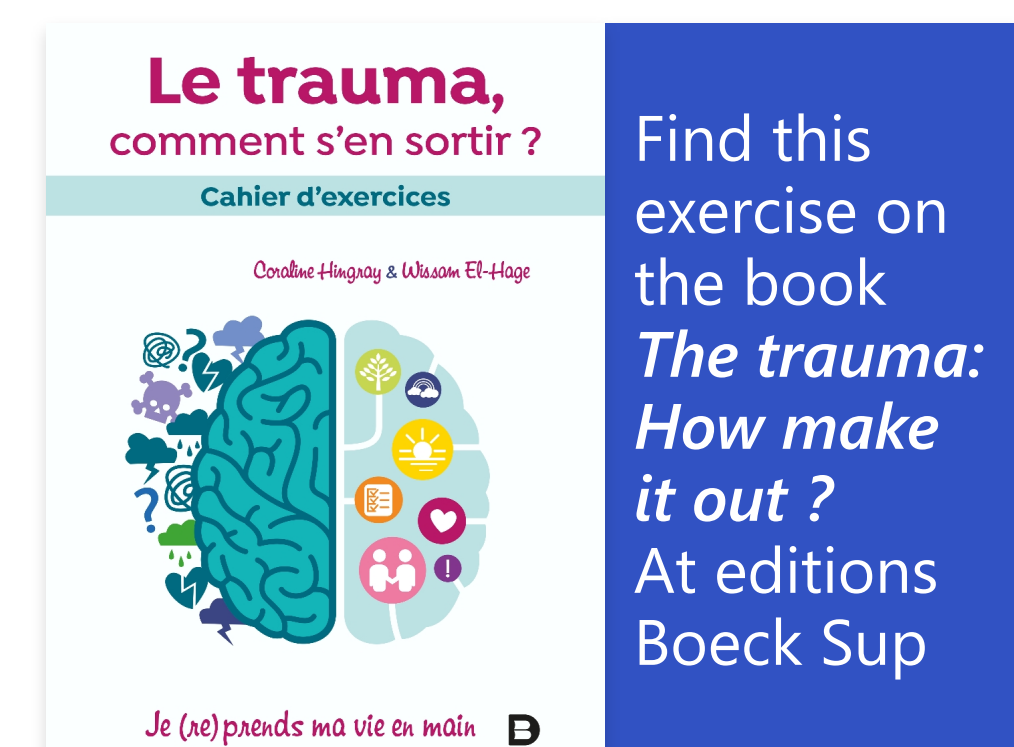


Exercise sheet

ACT ON BODILY WELL-BEING



Here are different types of approach to learn to relax, relax and/or meditate.

Do you have any brakes to relax?

In people exposed to trauma, horror, there are sometimes brakes to undertake this work of relaxation or meditation. It is important to take stock to make sure you don't have this type of fears, thoughts:

- I feel uncomfortable trying to be good to myself.
- If I relax, I'll relive the past because I won't be sufficiently in control.
- I worry as soon as I try to relax, because I can't ...
- I'm overwhelmed by sadness as soon as I relax ...
- I feel even more guilty trying to relax instead of working or being efficient.
- Sadness invades me as soon as I relax...
-

If you have any of these ideas, then check out the page « I'm in shock, traumatized » and « I'm overwhelmed by my emotions ». You can also get help from a therapist.

