



WORK CARD 9

CONCENTRATION HERE AND NOW



It is important for the educator to emphasize that the ability to concentrate can be developed and strengthened through systematic activities and a conscious approach. Encourage participants to engage and practice concentration techniques in their daily lives to achieve the desired results.

Remember that different groups may have different preferences and needs, so it is worth adapting activities and tools to the nature of the group and the topic of the training. It is also important to monitor participants regularly and adjust activities during training to maintain concentration and engagement.

Remember that when working with people with fewer opportunities and more difficult situations, it is particularly important to create a friendly and supportive atmosphere. Make sure that all workshop participants have equal opportunities to express themselves and actively participate in the exercises. Encourage participants to be active, especially when you see barriers to entering the group.

The aim of the exercise is to learn about your feelings/emotions. Focus on the "here and now", i.e. without recalling events. Ask yourself what you are feeling right now. The goal is to learn to observe and name your feelings and emotions.

STAGES:

- 1** Feel what is happening in your body; this will help you understand what you feel. Some signs include flushing, nausea from nervousness, muscle tension, abdominal pain, etc.
- 2** Think about what causes these feelings. Focus your attention on external events such as an unpleasant conversation, an argument, a surprise, happy news, etc.



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- 3** Think of a name for this feeling. It can be anger, fear, joy, happiness, sadness. You can use the list of emotions and feelings presented above. Feelings often can get confused or overlap, expressing themselves rather in vague but strong emotions. Feeling your own body is often a new experience for many people. Therefore, you should spend as much time on it as necessary to learn mindfulness and naming.

Examples of feeling emotions in the body:

FEAR/ANXIETY tightness of the stomach, cramps, coldness, blood draining from the brain, dizziness, weakness and tightness in the chest, rapid breathing and heartbeat, sweating, choking, lump in the throat;

ANGER feeling hot, tense muscles, clenched jaw, irregular breathing, faster heartbeat, throbbing in the ears; **SHAME** feeling of heat, warmer skin, but also numbness that gives a feeling of cold and emptiness inside, redness on the neck, cheeks, stomach pain, the desire to disappear, to shrink;

ANXIETY Distraction, nervous movements (picking of nails, skin, moving a leg or other parts of the body), irritability, insomnia, weakness or agitation;

SADNESS feeling tired, lack of energy, chest pain, feeling of emptiness, tendency to cry, difficulty swallowing, shallow breathing, dizziness.

KEY EDUCATOR SUMMARY:

- 1 Exercises and practice:** Encourage participants to actively participate by organizing practical exercises and tasks that will help them develop their concentration skills. You can suggest games, puzzles, attention meditations, mindfulness exercises or relaxation techniques.
- 2 Motivation and maintaining a healthy lifestyle:** Emphasize the importance of motivation and a healthy lifestyle to build concentration. Discuss the impact of a positive attitude, a healthy diet, regular physical activity, adequate sleep, and time management on your ability to focus.
- 3 Individual approach:** Emphasize that each person has their own individual preferences and ways of focusing attention. Encourage participants to experiment with different techniques and strategies to find the ones that work best for them.