usethismoment

Everyday Calm

Sample cards: 3 of the 60 exercise cards to try

BREATH

BODY

ATTENTION

EVERYDAY

EVENING



How to read the cards on screen: Each card has two sides, first the front, then the back. In the two-page view of your PDF reader, they appear side by side.

Use the overview or the bookmarks in your PDF reader to jump to any card.

Printing: only pages 9–12, double-sided on A4. Full set: usethismoment.com/en

By Adrienn Kühl, mental trainer and certified Neuromentaltrainerin (neuro-mental trainer) in Graz, Austria. The exercises do not replace medical or psychotherapeutic treatment.

Overview

Tap a number to jump to the card.

BODY 13

13

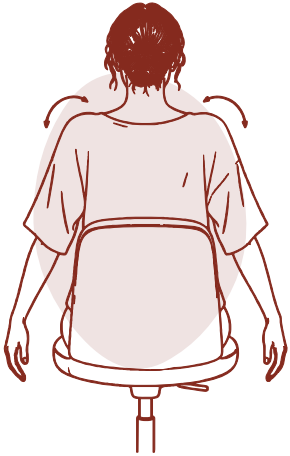
ATTENTION 25

25

EVENING 49

49

You will also find every card in the sidebar of your PDF reader under “Bookmarks”.



Shoulder circles

Circle as slowly as you like.

Slow circles with your shoulders, backwards and forwards. A break for neck and shoulders.

2 min · Sitting or standing · ●○○ Starter

13 Shoulder circles

2 min · Sitting or standing · ●○○ Starter

1. Sit or stand upright, arms hanging loosely.
2. Slowly draw your shoulders up.
3. Move them back and then let them drop.
4. Make five circles backwards, then five forwards.
5. Finally, let your shoulders drop loosely.

VARIATION

Circle each shoulder on its own and feel the difference between left and right.

PLEASE NOTE

Move slowly and only as far as is comfortable.



5-4-3-2-1

Five senses, one moment.

You go through your senses one by one: seeing, hearing, feeling, smelling, tasting. Good when your thoughts are jumping around.

3 min · Anywhere · ● ○ ○ Starter

25 5-4-3-2-1

3 min · Anywhere · ●○○ Starter

1. Silently name five things you can see.
2. Name four things you can hear.
3. Name three things you can feel, for example the chair or your clothes.
4. Name two things you can smell.
5. Name one thing you can taste.

VARIATION

If you are short of time, the first three steps are enough.

PLEASE NOTE

If nothing comes to mind for one sense, simply move on to the next. Practise in a safe place, such as at home or in your own garden.



Closing the day

Three sentences, and the day is closed.

With three short sentences you close the day: what happened, what stays, what can go.

5 min · Sitting · ●○○ Starter

49 Closing the day

5 min · Sitting · ●○○ Starter

1. In the evening, take a piece of paper or a notebook.
2. Write one sentence: what happened today?
3. Write one sentence: what do I take with me from the day?
4. Write one sentence: what can I let go of today?
5. Close the notebook or put the paper away.

VARIATION

Say the three sentences out loud instead of writing them.

PLEASE NOTE

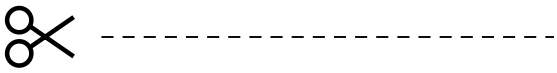
Short sentences are enough. This is not a diary.



How to print the cards

Version: full colour

1. Print this file double-sided on A4 and flip on the long edge. This page and the blank page after it belong to the file, so that the fronts and backs of the cards line up exactly.
2. In the print dialogue choose “Actual size” or 100 %, not “Fit” or “Fit to page”.
3. It looks best on matt paper of 160 to 200 g/m².
4. Each sheet holds four cards. The pages with the card fronts have dashed lines with small scissors at the edge. Cut exactly along these lines. The narrow strip between two cards is cut away.
5. Tip: first print only pages 1 to 4 as a test and hold the second sheet up to the light. If fronts and backs line up, print the rest.



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13

BODY



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2 min · Sitting or standing · ●○○ Starter

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