



## Personal Wellbeing and Self-Care VMware - Summer 2021

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### Class Review & Homework session 2

**Part 2:** *Learning to become present with yourself and in your own body.*

Week 1 and 2: moving towards tracking what's going on with yourself and understanding your mind and emotion. Becoming present and learning to find ground in yourself to become more calm and to deal with stress and overwhelm.

When we join a course like this it's important to set our intentions and anchor the reasons for taking the course, to connect to our 'why'.

#### summary

In this second session we focused on tracking the mind and body as we anchor our intentions for personal wellbeing and self-care. We are still laying the grounds to make this a successful experience for ourselves. The session was less about slides and stories and more on the direct 'felt' experience during meditation which we did twice.

If you missed this session, you might want to work with one of the meditations in the course environment and start practicing a habit of your choice regularly.

We started and ended the session with a poll about how you are doing IN the moment, tracking our: **Mind** (where are your



thoughts), **Body** (are there sensations in your body that stand out?) and **Heart** (How are you feeling?).

We discussed online etiquette on Confidentiality, on safety and trust. Also, this course is set-up with practice in between sessions and you will get out of it what you put in/

We meditated twice with our focus of this week: embodiment of our intentions for your personal wellbeing and self-care. Which is different for everyone. Some of you might have intentions to work out more, others might want to hit the mat with meditation. It's about tracking our minds and bodies and choosing what works, putting attention and effort on it and learning to stick by it.

If you are reading this because you missed the session: please take a moment now to pause and reflect on your intention for taking this course. (ask yourself, "What really brought me here?" (Just hold it in mind even if what brought you here isn't clear to you right now. The willingness to incline the mind to that question and inquiry is itself good enough). Now, please in a few words, write your intentions down.

(Did you use the habit tracker for a morning walk each day? Or a meditation on CALM.)

### ***Foundational exercise***

When we notice something in our bodies [a discomfort or pain or embarrassment etc], we are trained to immediately contain it in the framework of the cognitive. In a rational, logical, analytical box.

For instance: "I heard the bells of the cathedral ring this morning, and I thought ah, it's a national celebration today here in Croatia. In 1995 they were liberated from the war here.



When we really notice something; it is more factual: “the sound came from my ear” and the rest is a *story*.

So today, instead of running with a story, let’s see how the sound of something or the sensation of something affects you. The physical sensation is an informant to you.

Then instead of grounding your intentions in our cognitive, rational minds. we will start practicing grounding and knowing just what’s happening in the physical.

### **Break out room exercise**

Discuss together in dyads your intention and how things have been going for you so far.

Please refer to the exercise details in the course environment.

### **Grounding Meditation**

#### **Homework and Daily practices**

Meditation: Try to do a (box) breathing exercise every day for 15 minutes. You can start with 5 minutes and build it up from there.

The 2-Minute stillness: Throughout the day you can practice the 2-minute exercise where we track what is going on for us in any given moment. We breathe and relax our muscles and continue the day.



### Three assignments (also posted in course environment)

#### **1. For the entire week: please practice the Breath focus every day for at least 10 minutes: Box Breathing (week 1)**

Be mindful of the quality of thoughts & emotions (=your attitude towards them) when we notice the mind has slipped off or wanders away from the breath.

- We Struggling to return
- We Struggling to find a 'normal' breath
- Practice *Receiving* the breath

Be gentle with yourself. Appreciate what you are trying to do here with this course. You have the courage to change your ways.

#### **2. Practice 2** An extra somatic meditation

#### **3. Practice 3:** The break out room exercise. Please practice with a buddy during the week.

#### **Did you Know:**

VMware has opened a Slack channel where we will be sharing information and discussions throughout the three months.

**Session 3:** Next week we move to part 2 of the course:

#### **Learning to become aware of your intentions and desires in work and life**

Week 3 and 4: finding out more about your personal values, desires and intentions.