



Wellbeing practices

As part of our work with Bio Energy it is also necessary to have a toolkit of self-care practices available which provide enhanced wellbeing in our daily lives.

Nervous system breathing

Breathing to help support balance in the nervous system: 3 minute rounds of breathe in for a count of 3, hold for a count of 3, breathe out for a count of 5, hold for a count of 3 and repeat this sequence for 3 minutes at intervals during the day. This is to support keeping the nervous system in balance.

Bio Energy Academy of Dublin

Ball of light

See a ball of light over your head.

In this put calm, joy, peace (any positive emotions or thoughts)

Allow this light and these positive thoughts and sensations to flow down through your body, firstly relaxing your mind, relaxing all the muscles and tissues, relaxing your neck etc.

What do I want / what do I need

- What do I want in this moment .. today .. this week etc.
- What do I need in this moment .. today .. this week etc.

Colours through your body

Sitting/lying down and relaxing. Bring your attention from your head to your feet.

See where you feel tension first in your body (start at your head and work down).

What colour comes to mind when you bring your attention to that tension. Move further down your body. Can you see that colour anywhere else in your body.

What colour does this tension need you to bring in (to breathe into it) to help it to release. Breathe in this releasing colour directly to each of the tension points.

Breathe out the tension colour. Work on one point at a time. If the colours change

Bio Energy Academy of Dublin

that you need as you go through this it doesn't matter. Just keep going until you feel all the tension colour has been breathed out. Try to do this exercise daily as a check in to see where you are feeling tension from your head to your toes.

How do I nurture myself exercise

Write down 10 ways I like to nurture myself.

Can I bring 3 of these into my day every day?

Daily self-care check in

A reminder for a daily self-care check in with 'You'. To support your wellbeing and to see how full your resilience batteries are in this moment.

Taking a deep breath in all the way down to your toes. Repeating this 2 more times, taking a deep breath in all the way down to your toes. Feeling present.

Ask yourself

1. How am I feeling mentally in this moment?
2. How am I feeling emotionally in this moment?
3. How am I feeling physically in this moment?
4. How am I feeling about my connection to everything else that exists in this moment?

Bio Energy Academy of Dublin

Taking a moment to sit with these questions and to see how you feel. How do you feel in your body as you ask each of these questions? Where do you feel a reaction in your body as you ask these questions? Is anything triggered for you? Is there anything to notice? Really just checking in, without judgement, just with acceptance. Only bringing acceptance to your experience as you ask yourself these questions.

If you find it hard to feel these answers in your body, taking a moment to imagine roots of a tree, strong oak tree roots, extending from your feet, deep into the earth, grounding and rooting you to the earth. Take a deep breath in, all the way down to your toes. Ask yourself these 4 questions above again.

Breathing into the moment. Allowing your body to relax all muscles. Allowing your mind to feel ease. Allowing your emotions to settle. Allowing yourself to feel at peace. Allowing this moment to be whatever way it is. Total acceptance. And breathe.