Title: Paradoxical Reboot

Exercise Code: SLINTEGRA017

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| Modules: | Group size: | Duration: |
| 3. Personal Integrity  11. Reflection & Evaluation | Individual | 10 min |

# Purpose:

Like our computer also mind-body system gets overloaded from multitasking in everyday work; we are bombarding with too many information and sensory data, so that can easily lead to distraction and nervousness, as well provoke many wrong decisions, judgments

# Description:

Chose a habit or few of them you would like to change. Write them down and design a short self-awareness habits change time plan.Take a pledge, e.g. that once a week (at working days) for certain period you will practice to change some of your habits. Maybe you would like to stop being in the bad mood when you wake up, or want to stop wiggling your foot during meetings, or stop making comments to every single sentence of your work colleague, etc. Probably you have at least 2-3 nervous habits you would like to change. Chose the ONE today. Do it once deliberately. On purpose. That’s all!

# Material:

electronic diary

# Methods:

self-reflection, awareness raising, experiental learning

# Advice for Trainer:

If there will be decision to do this exercise in small group, then after certain period it has sense an open discussion about group members findings, practice and outcomes. Trainer should have group dynamics basic knowledge.

# Source/Literature:

Sonja Bercko, Psychosocial therapy handbook

# Handouts:

Electronic Diary Template