

# Heal your psychological conflicts

## To make the conflict go away, you have to:

### **1. Acceptance**

- a. Accept the situation as it is, right now it is like that.
- b. Change the perception of the situation or remove the trigger (admitting the presence of emotions. This means being honest with oneself about how one feels, rather than suppressing or denying those emotions.).
- c. Emotional processing - Проработать эмоции, связанные с конфликтом. Это может включать медитацию, молитву, ведение дневника или разговор с доверенным лицом.

### **2. forgive yourself and everyone else**

Forgive yourself for what you have done

No one is perfect, you are not perfect, do not expect others to be so.

### **3. Know and be sure that it will not happen again.**

Every situation in life is different in some way. You won't go through the exact same moment twice. And everything is in your power to change your present.

### **How to heal emotionally:**

Look what works for you, some meditate, some do sport, some pray, some talk with their supportive friends, family members,... Some cuddle with their dogs, cats, rabbits, or go out for walks. Some go out, see some friends or just change their environment while going on a trip. And some do all of that!

There is not 1 way, find your way!

**CONGRATULATIONS YOU RESOLVED YOUR CONFLICT!**

### **4. Get your life in order so future issues won't be big enough conflicts to affect your health.**

Exercise

Meditate

Repeat yourself mantras

Fix your daily routine

Spend time with loved ones  
Eat healthier

## List of mantras to repeat yourself

- We are just little dust in a world so big we can't even comprehend it.
- There are 7 billion humans on earth with histories and problems way more horrible than ours, and they still are joyful.
- Life is just a game, we just got too much into it.
- Memento Mori, we will all die in some dozens of years, and will be forgotten in a hundred more, therefore, why do you care?
- life is short, and will pass in the blink of an eye. It is not worth being sad about it.
- Que sera sera (What will be, will be.)
- Thank god we have some actions in our life, without it life would be so boring. Eternal calm is not interesting.

## Fix your daily routine

Fixing your daily routine is crucial because it helps align your activities with your body's natural rhythms, known as circadian rhythms, which regulate sleep, energy levels, hormone production, and overall well-being. A consistent routine optimizes cognitive function, mood, and physical health by ensuring you get adequate rest, nutrition, and exposure to natural light. It also helps reduce stress, improve productivity, and promote long-term health and longevity by supporting balanced hormones like cortisol, dopamine, and testosterone. In essence, a well-structured routine creates a foundation for a healthier, more balanced life.

Example of daily routine:

### 1. Morning Sunlight Exposure (within 30-60 minutes of waking up)

- **What to Do:** Spend 10-30 minutes outside in natural sunlight as soon as possible after waking up.
- **Why It Helps:** Morning sunlight exposure boosts dopamine and serotonin production, enhancing mood and helping regulate your circadian rhythm. It also supports healthy testosterone levels by optimizing morning cortisol levels.
- **Precise Timing:** Exposure to natural light within the first hour of waking is crucial because your circadian rhythm is most sensitive to light at this time. This sets your hormonal balance for the day.

## 2. Hydration and Electrolytes (immediately after waking)

- **What to Do:** Drink 500-750 ml of water with a pinch of sea salt or a balanced electrolyte mix.
- **Why It Helps:** Rehydrating first thing in the morning helps kickstart your metabolism, improves cognitive function, and supports energy levels. Electrolytes are crucial for nerve and muscle function, including those that regulate mood and stress.
- **Precise Timing:** Hydration right after waking helps counteract the dehydration that occurs overnight and supports optimal brain and body function.

## 3. Mindful Movement or Light Exercise (within 1-2 hours of waking)

- **What to Do:** Engage in 20-30 minutes of light exercise, such as yoga, stretching, or a brisk walk.
- **Why It Helps:** Morning exercise increases dopamine levels, enhances mood, and boosts testosterone. Light activity also stimulates blood flow and primes your body and mind for the day.
- **Precise Timing:** Exercising within a couple of hours of waking aligns with the natural peak in cortisol, providing a natural energy boost and promoting a positive mental state.

## 4. Cold Exposure (morning or early afternoon)

- **What to Do:** Take a cold shower or use a cold plunge for 2-5 minutes.
- **Why It Helps:** Cold exposure significantly boosts dopamine levels by up to 250%, enhancing focus, mood, and resilience. It also supports testosterone production by reducing inflammation and improving overall metabolic function.
- **Precise Timing:** Morning cold exposure can serve as a powerful stimulant, improving alertness and mood. If done in the early afternoon, it can provide a mid-day reset without interfering with your sleep cycle.

## 5. High-Protein, Nutrient-Dense Breakfast (within 1 hour of waking)

- **What to Do:** Consume a breakfast rich in protein (20-30g), healthy fats, and moderate carbs.
- **Why It Helps:** A high-protein meal helps maintain dopamine levels throughout the day, stabilizes blood sugar, and supports balanced testosterone levels. Including fats aids in hormone production, including testosterone.
- **Precise Timing:** Eating within an hour of waking ensures your body has the necessary nutrients to support cognitive function, mood, and energy levels throughout the day.

## 6. Caffeine Timing (mid-morning)

- **What to Do:** Have your first coffee or caffeinated beverage 90-120 minutes after waking up.

- **Why It Helps:** Waiting until mid-morning to consume caffeine prevents interference with the natural morning cortisol peak, leading to more stable energy levels and reduced dependence on caffeine later in the day.
- **Precise Timing:** Mid-morning, when cortisol levels begin to dip, is the ideal time for caffeine to avoid disrupting natural hormonal rhythms.

## 7. Focused Work or Creative Activities (mid-morning)

- **What to Do:** Engage in tasks that require deep focus or creativity, such as problem-solving, writing, or strategic planning.
- **Why It Helps:** Mid-morning is when your cognitive function, dopamine levels, and alertness are naturally high, making it an ideal time for mentally demanding tasks.
- **Precise Timing:** Capitalizing on your brain's peak performance time ensures maximum productivity and a sense of accomplishment, which further boosts dopamine.

## 8. Balanced Lunch (midday)

- **What to Do:** Eat a balanced lunch with a focus on lean protein, healthy fats, and complex carbohydrates.
- **Why It Helps:** A balanced lunch provides sustained energy, supports cognitive function, and keeps blood sugar levels stable. Including complex carbs can also help maintain serotonin levels, supporting mood throughout the afternoon.
- **Precise Timing:** Eating a well-balanced lunch around midday supports metabolism and prevents afternoon energy dips.

## 9. Midday Light Exposure and Break (around noon)

- **What to Do:** Spend 10-15 minutes outside in natural light, preferably while walking or doing light stretching.
- **Why It Helps:** Midday sunlight exposure helps sustain your circadian rhythm and provides a natural boost to your mood and energy, reinforcing the positive effects from the morning.
- **Precise Timing:** Taking a break around midday helps prevent the post-lunch energy slump, keeping your dopamine and cortisol levels stable.

## 10. Mindfulness or Meditation Practice (late afternoon or early evening)

- **What to Do:** Spend 10-20 minutes on mindfulness, meditation, or deep breathing exercises.
- **Why It Helps:** This practice reduces stress, supports emotional balance, and enhances the production of GABA, a neurotransmitter that promotes relaxation. It also helps maintain healthy dopamine levels.
- **Precise Timing:** Practicing mindfulness in the late afternoon or early evening helps transition from the high-energy demands of the day to a more relaxed state, preparing you for a restful evening.

## 11. Evening Light Exposure Management (after sunset)

- **What to Do:** Minimize exposure to artificial blue light by using blue light-blocking glasses or apps on your devices, and dimming lights in your home.
- **Why It Helps:** Managing light exposure after sunset supports melatonin production, which is crucial for sleep quality. Adequate sleep, in turn, is essential for maintaining balanced testosterone levels and overall mood.
- **Precise Timing:** Implementing this after sunset aligns with your natural circadian rhythm and helps you wind down for the night.

## 12. Balanced, Light Dinner (2-3 hours before bed)

- **What to Do:** Eat a light dinner that includes lean protein, healthy fats, and vegetables. Avoid heavy carbs or sugars that can disrupt sleep.
- **Why It Helps:** A balanced, light dinner supports digestion, promotes stable blood sugar levels, and ensures that your body can enter a restful state without the discomfort of a heavy meal.
- **Precise Timing:** Eating 2-3 hours before bed allows enough time for digestion, reducing the likelihood of sleep disturbances.

## 13. Gratitude Practice (Evening, before bed)

- **What to Do:** Spend a few minutes each evening reflecting on what you're grateful for, either by writing in a journal or simply contemplating.
- **Why It Helps:** Practicing gratitude increases dopamine levels, improves mood, and promotes a positive outlook. It also enhances sleep quality by reducing stress and anxiety before bed.
- **Precise Timing:** Incorporating this practice into your evening routine helps foster a sense of well-being and prepares your mind for restful sleep.

## 14. Nighttime Routine (1 hour before bed)

- **What to Do:** Engage in relaxing activities like reading, stretching, or taking a warm bath. Avoid screens and stimulating activities.
- **Why It Helps:** A calming pre-sleep routine lowers cortisol levels and promotes the release of melatonin, preparing you for a deep, restorative sleep.
- **Precise Timing:** Starting your wind-down routine at least an hour before bed helps signal to your body that it's time to sleep, supporting healthy testosterone levels and optimal recovery.

## 15. Sleep Optimization (consistent bedtime, 7-9 hours of sleep)

- **What to Do:** Aim for 7-9 hours of sleep per night, ideally going to bed and waking up at the same time every day.
- **Why It Helps:** Consistent, high-quality sleep is crucial for cognitive function, emotional regulation, immune health, and hormonal balance, including testosterone production.
- **Precise Timing:** A consistent bedtime strengthens your circadian rhythm, making it easier to fall asleep and wake up refreshed, which supports overall well-being and

optimal hormonal health.

# Right Order

Different exercises and practices can help you attain inner peace, here are some examples.

## I. Принят

### 1. Fixed-Point Gazing (Thoa)

- **Description:**
  - Fixed-point gazing is a traditional meditation practice that involves staring at a specific point without blinking. It helps improve concentration and mental clarity by training the mind to focus and resist distractions. This practice is beneficial for those struggling with scattered thoughts or difficulty concentrating.
- **How to Do the Exercise:**
  - Find a quiet place and sit comfortably.
  - Choose a fixed point, like a candle flame or a symbol, and focus on it without blinking for 30-60 seconds, increasing the duration gradually.
  - Allow thoughts to pass without engagement, keeping your attention on the fixed point.
- **Studies:**
  - Similar practices in meditation, such as Trataka (a yogic practice of gazing at a fixed point), have been shown to improve concentration and reduce anxiety.
- **Cultural and Historical Context:**
  - This exercise is rooted in ancient Hindu and yogic traditions, used for centuries to develop mental discipline and focus.

### 2. Perfect Stillness (Gash Theum)

- **Description:**
  - Perfect stillness involves sitting completely still and focusing on the breath, building mental and physical discipline by resisting the urge to move. It helps manage discomfort and improves emotional resilience, cultivating patience and endurance.
- **How to Do the Exercise:**
  - Sit comfortably and focus on your breath, remaining completely still despite discomfort.
  - Use your breath as an anchor to experience discomfort without reacting.
- **Studies:**
  - Mindfulness practices involving stillness and breath focus are widely studied, showing reductions in stress and improved emotional regulation.
- **Cultural and Historical Context:**

- This practice aligns with Buddhist and Hindu meditation techniques emphasizing mindfulness and stillness as paths to enlightenment.

### **3. Mindfulness Meditation**

#### **Description:**

Mindfulness Meditation involves focusing on the present moment with full awareness and without judgment. It's a practice of observing your thoughts and feelings as they are, fostering a sense of acceptance and calm.

#### **How to Do the Exercise:**

Find a quiet place and sit comfortably. Close your eyes and bring your attention to your breath. When thoughts arise, acknowledge them without judgment and gently bring your focus back to your breath. Start with 5-10 minutes a day and gradually increase the duration.

#### **Studies:**

Numerous studies indicate that mindfulness meditation can reduce stress, anxiety, and depression. It enhances emotional regulation and promotes overall well-being by altering brain structures associated with self-awareness and emotional control.

#### **Cultural and Historical Context:**

Mindfulness meditation has roots in Buddhist practices, dating back over 2,500 years. It has been adapted into modern therapeutic practices, particularly in Western psychology, through approaches like Mindfulness-Based Stress Reduction (MBSR).

### **4. Staring at a Wall**

- **Description:**

- Staring at a wall is a practice to confront and process internal thoughts and emotions, leading to emotional catharsis and self-awareness.

- **How to Do the Exercise:**

- Sit in front of a blank wall, focusing your gaze and allowing thoughts and emotions to surface without judgment for an hour or more.

- **Studies:**

- Similar mindfulness and meditation techniques encourage introspection, improving emotional awareness and reducing anxiety and depression.

- **Cultural and Historical Context:**

- This practice is similar to techniques found in Zen Buddhism and other meditative traditions, focusing on deep self-reflection.

### **5. Radical Acceptance Exercise (DBT)**

#### **Description:**

Radical Acceptance is a core concept in Dialectical Behavior Therapy (DBT) that involves fully accepting the present moment, including painful emotions, without trying to change or resist it. It's about embracing reality as it is.

**How to Do the Exercise:**

When faced with a painful emotion or situation, remind yourself that “it is what it is.” Use a mantra like “This moment is as it should be” or “I accept this situation.” Practice this whenever you encounter difficult emotions to reduce suffering and increase emotional resilience.

**Studies:**

DBT, including radical acceptance techniques, has been shown to be effective in treating borderline personality disorder, depression, and anxiety by reducing emotional reactivity and increasing distress tolerance.

**Cultural and Historical Context:**

Radical acceptance is influenced by Eastern philosophical traditions, particularly Zen Buddhism, which emphasizes acceptance of life’s impermanence and suffering as a path to peace.

## 6. Progressive Muscle Relaxation

**Description:**

Progressive muscle relaxation (PMR) is a technique that involves tensing and then relaxing different muscle groups to reduce physical tension and stress. It’s often used to promote relaxation, improve sleep, and manage anxiety.

**How to Do the Exercise:**

1. Start at your toes and work your way up to your head.
2. Tense each muscle group for 5-10 seconds, then relax it completely.
3. Focus on the contrast between the tension and relaxation.
4. Breathe deeply and slowly as you move through each muscle group.

**Studies:**

PMR has been shown to reduce symptoms of anxiety and improve sleep quality. It works by engaging the parasympathetic nervous system, which calms the body and mind. This technique is also effective in reducing physical symptoms of stress, such as muscle tension and headaches.

**Cultural and Historical Context:**

Developed by Dr. Edmund Jacobson in the 1920s, PMR has since been widely adopted in clinical settings for stress management and relaxation. While relatively modern, it aligns with the ancient practice of body mindfulness, where awareness of bodily sensations is used to cultivate calm and presence.

## 7. Journaling Practices

**Description:** Journaling is a time-honored practice that serves as a powerful tool for enhancing emotional well-being, self-reflection, and personal growth. Both **Mindful Journaling** and **Traditional Journaling** are effective methods within this practice, each offering unique benefits. Mindful Journaling focuses on present-moment awareness and non-judgmental observation, while Traditional Journaling delves deeper into analyzing



thoughts, emotions, and life events. By integrating these approaches under the umbrella of **Journaling Practices**, you can develop a comprehensive and adaptable journaling routine that supports both mindfulness and deeper self-analysis.

**How to:**

## 1. Mindful Journaling

**Source:** Mindful Journaling is rooted in mindfulness practices that have origins in Buddhist traditions. It is widely used in modern therapeutic settings, particularly within Mindfulness-Based Stress Reduction (MBSR) programs pioneered by Jon Kabat-Zinn.

- **Set Aside Time Daily:** Dedicate 10-15 minutes each day to write freely about your current thoughts, emotions, and experiences.
- **Stay Present:** Focus on the present moment as you write, observing your thoughts and feelings without judgment. Let your thoughts flow naturally, without attempting to control or analyze them.
- **Reflect Mindfully:** After journaling, spend a few minutes reflecting on what you've written, noting any patterns or insights that emerge, but without forcing analysis.

**Benefits:** Mindful Journaling enhances self-awareness and emotional regulation by helping you stay connected to the present moment. It supports stress reduction and fosters a non-judgmental awareness of your thoughts and feelings, which can lead to improved mental health outcomes.

## 2. Traditional Journaling

**Source:** Traditional Journaling has deep roots in psychological practices, influenced by figures like Sigmund Freud and Carl Rogers. It is commonly used in cognitive-behavioral therapy (CBT) and other therapeutic frameworks to explore thoughts, emotions, and life events in greater depth.

- **Write Regularly:** Engage in journaling on a daily or regular basis, documenting your thoughts, feelings, and experiences. You can use prompts or write freely about whatever is on your mind.
- **Explore and Analyze:** Unlike mindful journaling, traditional journaling often involves analyzing your thoughts and behaviors to gain deeper insights. This can involve looking for patterns, understanding emotional triggers, and exploring unresolved conflicts.
- **Review and Reflect:** Periodically review your journal entries to observe your emotional and psychological growth over time. This reflection can lead to greater self-understanding and personal development.

**Benefits:** Traditional Journaling has been shown to improve mood, reduce symptoms of depression and anxiety, and enhance problem-solving skills. It provides a structured way to explore complex emotions and thoughts, making it especially useful in processing difficult experiences and fostering resilience.

**Cultural and Historical Context:** Journaling has historical roots in both Eastern and Western traditions. In the East, it aligns with mindfulness practices from Buddhist traditions, which focus on present-moment awareness and non-judgmental observation. These principles were later incorporated into Mindfulness-Based Stress Reduction (MBSR) programs in the West, which have been shown to reduce stress and anxiety. In the West, journaling became prominent through the influence of Sigmund Freud, who used similar reflective practices in psychoanalysis to explore the unconscious mind. This approach was further developed by psychologists like Carl Rogers, who emphasized self-reflection in therapy. Modern research supports journaling as an effective tool for improving mental health, showing benefits such as reduced symptoms of depression and anxiety, and enhanced problem-solving skills.g.

**Studies:** Numerous studies support the benefits of both Mindful Journaling and Traditional Journaling. Research has shown that mindfulness practices, including journaling, can lead to structural changes in the brain that improve self-regulation and emotional control. Additionally, expressive writing, a form of traditional journaling, has been found to reduce symptoms of depression and anxiety, improve mood, and even enhance immune function by helping individuals process and make sense of difficult experiences. Journaling is also linked to improved problem-solving abilities and cognitive functioning, making it a valuable practice for personal growth and emotional resilience.

By integrating these **Journaling Practices** into your routine, you can create a powerful tool for both mindfulness and deeper self-reflection, supporting your journey toward greater emotional and psychological well-being.

## 8. Butterfly Hug

**Description:** The Butterfly Hug is a simple self-soothing technique used to calm the nervous system and manage anxiety. It is often used in trauma therapy to help individuals ground themselves and regain a sense of safety and control.

**How to Do the Exercise:** Cross your arms over your chest, placing your hands on your shoulders with your fingers pointing toward your neck. Gently tap your shoulders alternately with your hands while breathing deeply and slowly. Focus on the rhythm of the tapping and your breath, continuing the practice for 1-2 minutes or until you feel calmer.

**Studies:** The Butterfly Hug is part of a broader category of bilateral stimulation techniques, which have been shown in studies to reduce symptoms of anxiety and PTSD by helping to integrate and process emotional experiences. The rhythmic tapping can also induce a state of calm by engaging the parasympathetic nervous system.

## 9. Mindful Eating

### **Description:**

Mindful Eating is the practice of eating with full awareness and attention to the sensory experience of eating. It helps in developing a healthier relationship with food and reducing stress-related eating behaviors.

**How to Do the Exercise:**

When eating, focus entirely on the experience. Notice the colors, textures, smells, and tastes of your food. Chew slowly, paying attention to each bite, and listen to your body's hunger and fullness cues. Avoid distractions like TV or phones while eating.

**Studies:**

Studies show that mindful eating can lead to healthier eating habits, weight management, and reduced symptoms of eating disorders by promoting greater awareness of hunger and satiety signals.

**Cultural and Historical Context:**

Mindful eating draws from the principles of mindfulness, with roots in Buddhist teachings that emphasize presence and awareness in all aspects of life, including eating. It has been adapted into modern dietary practices to address issues like overeating and emotional eating.

This detailed breakdown provides practical, research-backed exercises that can support your journey of healing and personal growth. Each practice has its unique benefits and can be integrated into your daily routine to enhance emotional well-being.

Dance therapy techniques can be a powerful way to process and release emotions that are difficult to articulate through words alone. By engaging the body in expressive movement, you can tap into a deeper level of emotional awareness and healing, making it an effective tool in your psychological recovery journey.

## 10. Physiological Sigh

**Description:**

The physiological sigh is a natural breathing technique designed to quickly reduce stress and calm the nervous system. It's a simple yet effective method to manage anxiety and tension by regulating your breath.

**How to Do the Exercise:**

1. Inhale deeply through your nose until your lungs are about 70% full.
2. Take another quick, deep inhale to fully inflate the lungs.
3. Exhale slowly and completely through your mouth.
4. Repeat this process 2-3 times as needed to lower stress levels.

**Studies:**

Research has shown that the physiological sigh can lower heart rate and blood pressure, helping to quickly reduce stress. It also helps reset the breathing rhythm, which is effective in calming the mind during moments of anxiety.

**Cultural and Historical Context:**

This technique is a natural reflex that humans and other mammals use to regulate their breathing and emotional state. It's a simple and accessible tool rooted in the body's innate mechanisms for maintaining balance and calm.

## 11. Earthing/Grounding

### **Description:**

Earthing, or grounding, involves direct physical contact with the Earth's surface to absorb its natural electrical charge. This practice is believed to reduce inflammation, improve sleep, and promote overall well-being.

### **How to Do the Exercise:**

1. Find a natural surface like grass, soil, sand, or water.
2. Stand, sit, or lie down with bare skin in contact with the Earth for 20-30 minutes.
3. If outdoor access is limited, consider using grounding mats indoors.

### **Studies:**

Studies suggest that grounding can reduce blood viscosity, lower stress, and improve sleep quality by synchronizing the body's electrical potential with that of the Earth. It may also help reduce chronic inflammation and pain.

### **Cultural and Historical Context:**

Grounding practices are rooted in the ancient connection humans have with the Earth, which has been largely lost in modern society. Indigenous cultures and traditional healing practices often emphasize the importance of maintaining a close relationship with nature for health and spiritual well-being.

## 12. Palming (Eye Relaxation)

**Description:** Palming is a simple eye relaxation technique that helps alleviate eye strain and fatigue, particularly for those who spend extended periods looking at screens. This method involves gently warming the eyes with your hands to promote relaxation and reduce tension.

**How to Do the Exercise:** Rub your palms together briskly to generate warmth. Then, gently cup your palms over your closed eyes without applying pressure. Focus on the darkness and warmth, allowing your eyes to relax. Hold this position for 30 seconds to 1 minute, breathing deeply and slowly. Repeat as needed, especially after long periods of screen time.

**Studies:** While specific studies on Palming are limited, research on eye relaxation techniques indicates that taking breaks and using methods like Palming can reduce symptoms of digital eye strain and improve overall eye comfort and focus.

## II. простить себя и всех

## 13. Letter Writing Exercise

**Description:**

The Letter Writing Exercise involves writing letters to yourself or others involved in a conflict to express emotions and facilitate forgiveness. It's a therapeutic technique used to release pent-up feelings and gain closure.

**How to Do the Exercise:**

Write a letter to yourself or to the person involved in the conflict. Express all your emotions—anger, sadness, forgiveness—without holding back. You don't need to send the letter; the act of writing is what's important. After writing, you can choose to keep, destroy, or ritualistically burn the letter as a symbol of letting go.

**Studies:**

Expressive writing, including letter writing, has been found to improve emotional processing and reduce symptoms of depression and anxiety. It helps in resolving unresolved emotional conflicts by giving voice to suppressed emotions.

**Cultural and Historical Context:**

Writing letters has long been a way to express emotions and communicate when direct conversation isn't possible or advisable. In therapeutic settings, it's been used as a way to facilitate closure and emotional healing.

## 14. Guided Forgiveness Meditation

**Description:**

Guided Forgiveness Meditation is a practice that involves mentally walking through a process of forgiving yourself or others, often with the help of a recorded guide or script. It helps in releasing resentment and promoting inner peace.

**How to Do the Exercise:**

Find a quiet space and listen to a guided forgiveness meditation. During the meditation, you'll be asked to visualize the person or yourself and repeat phrases such as "I forgive you" or "I release you." Allow yourself to fully feel the emotions that arise during the process.

**Studies:**

Research on forgiveness meditation shows it can reduce anger, stress, and symptoms of depression while improving overall well-being. It's particularly effective in promoting emotional healing and reducing the mental burden of holding onto grudges.

**Cultural and Historical Context:**

Forgiveness has deep roots in many religious and spiritual traditions. Guided meditation, as a structured practice, has gained popularity in recent decades as part of the mindfulness and self-help movements.

## 15. Ho'oponopono Practice

**Description:**

Ho'oponopono is an ancient Hawaiian practice of reconciliation and forgiveness. It involves repeating four phrases—"I'm sorry, Please forgive me, Thank you, I love you"—to foster healing and release negative emotions.

**How to Do the Exercise:**

Sit quietly and focus on a person or situation you want to heal. Mentally or verbally repeat the four phrases: "I'm sorry, Please forgive me, Thank you, I love you." You can direct these phrases toward yourself, others, or even situations. Repeat the process until you feel a sense of release.

**Studies:**

Limited but growing research suggests that Ho'oponopono can reduce stress and improve emotional well-being by promoting forgiveness and emotional cleansing.

**Cultural and Historical Context:**

Ho'oponopono is rooted in Hawaiian spirituality, traditionally used to restore harmony among family members and within the self. It has been adapted into modern self-help practices worldwide for its simplicity and profound impact on emotional healing.

## **16. Art Therapy Techniques**

**Description:**

Art Therapy Techniques involve using creative processes like drawing, painting, or sculpting to express and explore emotions. It helps individuals process complex feelings that may be difficult to articulate verbally.

**How to Do the Exercise:**

Choose an art medium that appeals to you (e.g., drawing, painting). Set aside time to create something that represents your feelings or the conflict you are experiencing. Focus on the process rather than the end result, allowing emotions to flow through your artwork.

**Studies:**

Art therapy has been shown to reduce symptoms of anxiety, depression, and trauma. It provides a non-verbal outlet for emotional expression and can help individuals gain insight into their emotions and experiences.

**Cultural and Historical Context:**

Art has been used as a form of self-expression and healing throughout history. Modern art therapy emerged as a formal discipline in the mid-20th century, combining psychological theories with creative processes.

## **17. Dance Therapy Techniques**

**Description:**

Dance Therapy, also known as Dance/Movement Therapy (DMT), is a therapeutic practice that uses movement and dance to explore and express emotions, improve mental and physical health, and promote self-awareness. It's based on the idea that the body and mind are interconnected, and that movement can reflect and influence psychological states.

**How to Do the Exercise:**

Here are a few dance therapy techniques:

- 1. Authentic Movement:**

- Close your eyes, focus inward, and let your body move spontaneously without judgment or planning. This technique encourages you to connect deeply with your inner emotions and express them through movement.
- 2. **Movement Mirroring:**
  - Partner with someone or work in front of a mirror. Move in a way that feels natural to you, and then have your partner mirror your movements or do it yourself in the mirror. This technique helps in building empathy, understanding, and self-awareness.
- 3. **Themed Movement Exploration:**
  - Choose an emotion or theme (e.g., anger, joy, grief) and explore it through dance. Allow your body to express this theme through different movements, exploring how it manifests physically.
- 4. **Rhythmic Grounding:**
  - Use repetitive, rhythmic movements like stomping, clapping, or swaying to ground yourself in the present moment. This technique is useful for releasing built-up tension and anchoring your emotions.
- 5. **Guided Dance Meditation:**
  - Follow a guided dance meditation where specific movements are suggested to help release emotional blockages, increase self-awareness, and promote relaxation. This can be done with or without music, depending on what helps you feel more connected.
- 6. **Freeform Dance:**
  - Simply put on music that resonates with your current emotional state and allow yourself to move freely. The key is to let go of self-consciousness and let your body express whatever it needs to.

### **Studies:**

Research supports the effectiveness of dance therapy in reducing symptoms of anxiety, depression, and PTSD. Studies have shown that it can improve mood, enhance emotional expression, and even help with body image issues. Dance therapy has been particularly effective in improving the mental and physical health of individuals with trauma and emotional blockages.

### **Cultural and Historical Context:**

Dance has been used as a form of expression, healing, and community bonding in many cultures throughout history. From tribal dances to religious ceremonies, movement has long been a way to connect with emotions, the divine, and others. Dance therapy as a formal practice emerged in the 1940s and 1950s, influenced by pioneers like Marian Chace, who integrated psychotherapeutic principles with dance to create a holistic approach to mental health treatment.

## **18. Gratitude Journaling**

### **Description:**

Gratitude Journaling involves regularly writing down things for which you are grateful. This practice shifts focus from negative to positive aspects of life, enhancing overall well-being.

**How to Do the Exercise:**

Each day, write down three to five things you are grateful for. These can be small or significant, related to the conflict or general life experiences. Reflect on these entries, focusing on the positive emotions they evoke.

**Studies:**

Research consistently shows that gratitude journaling can improve mood, reduce symptoms of depression and anxiety, and increase overall life satisfaction by fostering a positive mindset.

**Cultural and Historical Context:**

Gratitude practices are found in many religious and cultural traditions, often as a form of prayer or reflection. In modern psychology, gratitude journaling has become a popular tool for promoting mental health and well-being.

## 19. Palm Push

**Description:** The Palm Push is a quick and easy technique to release built-up tension, reduce stress, and reset your focus. This exercise involves applying pressure with your palms to engage your muscles and relax your mind.

**How to Do the Exercise:** Stand or sit comfortably. Press your palms together in front of your chest as hard as you can for 5-10 seconds while taking a deep breath in. Focus on the pressure and the sensation of your muscles engaging. Exhale as you release the pressure, letting your hands drop to your sides. Repeat 2-3 times to quickly relieve tension and refocus your energy.

**Studies:** Although specific studies on the Palm Push are limited, similar muscle tension and release exercises have been found to reduce stress and promote relaxation by engaging the body's natural response to muscular contraction and release.

## III. Знать и быть уверенным что это не повторится

### 20. Use of Affirmations

**Description:** Using Affirmations involves the practice of positive self-talk to reinforce self-worth and counter negative thoughts that contribute to psychological conflicts. Affirmations are short, powerful statements that can help shift one's mindset from negativity and self-criticism to positivity and self-acceptance.

**How to Do the Exercise:** Begin by identifying negative thoughts that frequently arise. Replace these thoughts with positive affirmations like "I am enough," "I am capable of overcoming challenges," or "I deserve happiness." Repeat these affirmations several times a



day, especially when negative thoughts emerge. Over time, this practice can help rewire your thought patterns towards positivity.

**Studies:** Affirmations have been found to reduce stress, increase resilience, and improve overall mental health by fostering a positive self-image and reducing the impact of negative thoughts on emotional well-being.

**Cultural and Historical Context:** Affirmations are rooted in various spiritual and psychological practices. They have been used in cognitive-behavioral therapy and positive psychology to help individuals reshape their thought processes and improve their mental health.

## 21. Cognitive Restructuring (CBT Technique)

### **Description:**

Cognitive Restructuring is a cognitive-behavioral therapy (CBT) technique that involves identifying and challenging negative thought patterns and replacing them with more balanced, positive thoughts.

### **How to Do the Exercise:**

Identify a negative thought related to the conflict. Ask yourself if this thought is realistic and what evidence supports or contradicts it. Then, reframe the thought into a more balanced or positive one. For example, change “I always fail” to “I have failed in the past, but I can learn and succeed.”

### **Studies:**

Cognitive restructuring is a core component of CBT, which has been extensively validated as an effective treatment for depression, anxiety, and other mental health issues by helping individuals alter dysfunctional thought patterns.

### **Cultural and Historical Context:**

CBT was developed in the 1960s by Aaron Beck as a structured, evidence-based approach to mental health treatment. It integrates cognitive and behavioral strategies to help individuals change negative thought and behavior patterns.

## 22. Visualization/Mental Rehearsal

### **Description:**

Visualization, or mental rehearsal, involves imagining specific outcomes or goals in vivid detail to prepare the mind and body for success. This technique is used to enhance performance, build confidence, and reinforce positive behaviors.

### **How to Do the Exercise:**

1. Find a quiet place and close your eyes.
2. Visualize a specific goal or outcome in as much detail as possible.
3. Imagine yourself achieving the goal, focusing on the emotions, sounds, and sensations.
4. Practice regularly to strengthen the mental pathways associated with your goals.

**Studies:**

Visualization has been shown to activate the same neural circuits involved in performing the actual task, effectively “.

## 23. Cold Exposure (Cold Showers or Ice Baths)

**Description:**

Cold exposure, such as cold showers or ice baths, is a form of hormetic stress that triggers a range of beneficial physiological responses. It's used to boost mood, increase resilience, and improve circulation.

**How to Do the Exercise:**

1. Start with a warm shower.
2. Gradually decrease the temperature until the water is as cold as you can tolerate.
3. Stay under the cold water for 1-3 minutes, focusing on deep, steady breathing.
4. Gradually increase your exposure time as you become accustomed to the cold.

**Studies:**

Cold exposure has been shown to increase norepinephrine levels, reduce inflammation, and enhance immune function. It also stimulates brown fat activation, which can improve metabolism and fat loss.

**Cultural and Historical Context:**

Cold exposure has been practiced in various cultures for centuries, from Finnish saunas followed by icy dips to the Japanese practice of misogi, where cold water is used for purification. Wim Hof has recently popularized it as part of his method for boosting physical and mental resilience.

## 24. Box Breathing

**Description:** Controlled breathing techniques like **4-7-8 Breathing** and **Box Breathing (4-4-4-4)** are powerful methods used to manage stress, induce relaxation, and enhance mental clarity. These techniques are not only rooted in ancient practices but have also been adapted for modern applications, particularly in high-stress environments. Notably, **Navy SEALs** and other elite military forces use these techniques to maintain composure and focus during high-pressure situations, ensuring peak performance under extreme conditions. By regulating breath patterns, these methods help synchronize the body's stress response with relaxation, making them valuable tools for anyone seeking to improve mental and physical well-being.

**Precaution:** While these breathing techniques are generally safe, they should be practiced in a comfortable, seated position, especially for beginners. People with respiratory conditions, anxiety disorders, or cardiovascular issues should consult a healthcare professional before starting these practices. Begin slowly and avoid overextending breath holds if you feel discomfort or dizziness.

**How to:**

## 1. 4-7-8 Breathing Technique

**Source:** This technique was popularized by Dr. Andrew Weil, an integrative medicine expert, and is based on pranayama, an ancient yogic breathing practice.

- **Inhale:** Breathe in quietly through your nose for 4 seconds.
- **Hold:** Hold your breath for 7 seconds.
- **Exhale:** Exhale completely through your mouth, making a whooshing sound, for 8 seconds.
- **Cycle:** Repeat the cycle for 4 breaths initially, gradually increasing the number of cycles as you become more comfortable.

**Benefits:** This technique is designed to induce a state of relaxation by slowing down the heart rate and increasing oxygen levels. It helps to calm the nervous system, making it particularly effective for reducing anxiety and preparing the body for sleep.

## 2. Box Breathing (4-4-4-4) Technique

**Source:** Box Breathing, also known as square breathing, is a technique commonly used by **Navy SEALs** and other high-performing professionals to manage stress and maintain focus under pressure.

- **Inhale:** Inhale deeply through your nose for 4 seconds.
- **Hold:** Hold the breath for 4 seconds.
- **Exhale:** Exhale slowly through your mouth for 4 seconds.
- **Hold:** Hold the breath again for 4 seconds before beginning the next cycle.
- **Cycle:** Continue this pattern for 1-2 minutes, or until you feel a sense of calm and focus.

**Benefits:** Box Breathing is particularly effective in regulating the autonomic nervous system, promoting a balanced state of alertness and calmness. This technique is widely used in high-stress environments, such as military operations, where maintaining composure and focus is crucial. It helps users stay grounded and centered, even in the most challenging situations.

**Studies:** Both the 4-7-8 Breathing and Box Breathing techniques have been studied extensively for their impact on the nervous system and mental health. Research has shown that controlled breathing exercises can activate the parasympathetic nervous system, reducing stress and anxiety levels. A study published in the *Journal of Psychosomatic Research* demonstrated that slow, deep breathing techniques could significantly lower blood pressure and heart rate, contributing to overall cardiovascular health. Additionally, these techniques have been linked to improved cognitive performance and emotional regulation, making them invaluable tools for both everyday stress management and high-pressure performance situations.

## 25. Intermittent Fasting

### Description:

Intermittent fasting is an eating pattern that cycles between periods of fasting and eating. It's

designed to optimize metabolism, support weight management, and enhance cellular repair processes like autophagy.

#### **How to Do the Exercise:**

1. Choose a fasting window, such as 16 hours fasting and 8 hours eating.
2. During the fasting period, only consume water, black coffee, or herbal teas.
3. Break your fast with a nutrient-dense meal.
4. Adjust your fasting and eating windows based on your goals and how your body responds.

#### **Studies:**

Research indicates that intermittent fasting can improve insulin sensitivity, support weight loss, reduce inflammation, and increase longevity through enhanced autophagy. It's also associated with improved mental clarity and energy levels.

#### **Cultural and Historical Context:**

Fasting has been used for spiritual and health purposes for millennia, from religious fasts in Islam, Christianity, and Hinduism to therapeutic fasting practices in ancient Greece. Modern intermittent fasting draws on these traditions while integrating them into a scientific framework.

## **26. Wim Hof Breathing Method (controlled hyper-ventilation)**

**Description:** The Wim Hof Breathing Method is a technique that combines deep, rhythmic breathing, known as controlled hyperventilation, with breath retention phases. This method is designed to enhance physical and mental well-being by influencing the autonomic nervous system, improving oxygen delivery, and boosting overall energy levels. The breathing technique is a key pillar of the Wim Hof Method, which also includes cold exposure and commitment (mental focus) as integral components.

**Precaution:** It is crucial to practice the Wim Hof Breathing Method in a safe environment, such as sitting or lying down, to prevent dizziness or fainting. This technique involves hyperventilation, which can lead to lightheadedness or loss of consciousness if not done carefully. People with underlying health conditions, particularly those related to respiratory or cardiovascular systems, should consult a healthcare professional before starting this practice.

#### **How to:**

1. **Find a Comfortable Position:**
  - Sit or lie down in a safe environment where you can relax fully. Ensure you are not in a position where you could fall or hurt yourself if you become lightheaded.
2. **Controlled Breathing (30-40 breaths):**
  - **Inhale:** Breathe in deeply through your nose or mouth, starting from the belly, then expanding to the chest. Make sure each inhalation is full, filling your lungs completely.

- **Exhale:** Exhale passively, without forcing the air out. Simply let the air flow out naturally.
  - **Rhythm:** Continue this pattern for 30-40 breaths. You may experience tingling sensations or lightheadedness, which is normal.
3. **Breath Retention (Hold with empty lungs):**
- After the last exhale, hold your breath with empty lungs for as long as comfortably possible. The goal is to extend this retention phase to your comfortable limit, which might range from 30 seconds to a couple of minutes.
4. **Recovery Breath:**
- When you feel the urge to breathe, take a deep inhale, and hold it for about 15 seconds. This step helps stabilize your body after the breath retention phase.
  - Exhale and relax.
5. **Repeat the Cycle:**
- Perform 3-4 cycles of the above sequence in one session. As you become more experienced, you may gradually increase the duration of the breath retention phases.

**Studies:** Research on the Wim Hof Method, including the breathing technique, has demonstrated its significant effects on the autonomic nervous system and immune response. A 2014 study published in *Proceedings of the National Academy of Sciences* showed that practitioners of the Wim Hof Method could voluntarily influence their sympathetic nervous system and immune system, leading to a reduction in inflammatory responses to endotoxins.

Additionally, other studies have indicated that this method may improve mental clarity, increase energy levels, and reduce stress, making it a promising tool for enhancing both physical and mental resilience.

## 27. Nasal Breathing (Buteyko Method)

### Description:

Nasal breathing, particularly through the Buteyko Method, focuses on breathing through the nose rather than the mouth to optimize oxygen uptake and improve overall respiratory health. This technique is especially effective for managing asthma, anxiety, and improving athletic performance.

### How to Do the Exercise:

1. Close your mouth and breathe exclusively through your nose.
2. Practice slow, controlled breathing, minimizing the volume of each breath.
3. Focus on light, gentle breathing to avoid over-breathing and maintain CO<sub>2</sub> levels.

### Studies:

Nasal breathing improves oxygen uptake efficiency and reduces the risk of hyperventilation. It also increases nitric oxide production, which enhances blood flow and cardiovascular health. Studies on the Buteyko Method have shown significant improvements in asthma symptoms and overall respiratory function.

**Cultural and Historical Context:**

The Buteyko Method was developed by Dr. Konstantin Buteyko in the mid-20th century as a way to treat respiratory conditions. However, nasal breathing is also rooted in ancient yogic practices, where breath control (pranayama) is a fundamental aspect of physical and spiritual health.

## 28. Reflective Writing

**Description:** Reflective Writing is a practice where individuals consciously list out their personal achievements, no matter how small or basic they may seem. This exercise helps to counteract feelings of self-devaluation and encourages a positive focus on one's accomplishments. The practice is especially helpful for those struggling with feelings of inadequacy or unresolved conflicts related to self-worth.

**How to Do the Exercise:** Set aside time daily to write down a list of your achievements. Start with fundamental accomplishments like "I was born," "I survived," "I learned to speak," and move on to more complex achievements as you progress. The goal is to fill a page with things you have done or learned in life. As you write, focus on the positive aspects of each achievement, no matter how trivial it may seem.

**Studies:** Reflective writing has been shown to enhance self-esteem and foster a sense of accomplishment, which can reduce anxiety and depressive symptoms. By reinforcing positive self-perception, it helps mitigate internal conflicts rooted in self-devaluation.

**Cultural and Historical Context:** Reflective writing has been used in various cultures as a tool for self-improvement and reflection. Historically, it has been a part of educational and therapeutic practices, helping individuals gain a better understanding of themselves and their journey.

## 29. Alternate Nostril Breathing (Nadi Shodhana)

**Description:** Alternate Nostril Breathing, or Nadi Shodhana, is a traditional yogic breathing practice that balances the flow of energy between the two hemispheres of the brain, promoting mental clarity, calmness, and emotional stability.

**How to Do the Exercise:** Sit comfortably with your spine straight. Close your right nostril with your right thumb and inhale deeply through your left nostril. Close your left nostril with your right ring finger, release your right nostril, and exhale through it. Inhale through the right nostril, close it with your thumb, and exhale through the left nostril. This completes one cycle. Continue this pattern for 1-2 minutes, focusing on your breath.

**Studies:** Research on Nadi Shodhana has demonstrated its effectiveness in reducing stress and anxiety, improving cardiovascular function, and enhancing cognitive performance. It is also found to be beneficial in balancing the autonomic nervous system.

## 30. Quick Jaw Release

**Description:** The Quick Jaw Release is a simple exercise designed to alleviate tension in the jaw and face, which often accumulates due to stress. This technique can also promote relaxation and help reduce symptoms of teeth grinding or TMJ disorders.

**How to Do the Exercise:** Open your mouth wide as if you are about to yawn, and hold this position for a few seconds. Then, slowly close your mouth while exhaling deeply. Focus on releasing any tension in your jaw and facial muscles. Repeat 2-3 times, especially during moments of stress or before bed.

**Studies:** While specific research on the Quick Jaw Release is scarce, studies on jaw relaxation techniques have shown that these practices can reduce tension headaches, lower stress levels, and improve symptoms related to jaw clenching and TMJ disorders.

### **31. Quick Neck Roll**

**Description:** The Quick Neck Roll is a gentle exercise aimed at relieving tension in the neck and upper shoulders, areas commonly affected by stress. This technique helps to improve flexibility, reduce stiffness, and promote relaxation.

**How to Do the Exercise:** Sit or stand with your back straight. Slowly roll your head in a circular motion, first in a clockwise direction for 10-15 seconds, then counterclockwise for another 10-15 seconds. Move gently, focusing on the sensation of stretching and releasing tension in your neck muscles. Repeat as needed, especially after prolonged periods of sitting or stress.

**Studies:** Research on neck stretching exercises like the Quick Neck Roll indicates that they can effectively reduce neck pain and stiffness, improve range of motion, and lower stress levels. These benefits are particularly noted in individuals who spend long hours in static postures or under high stress.