

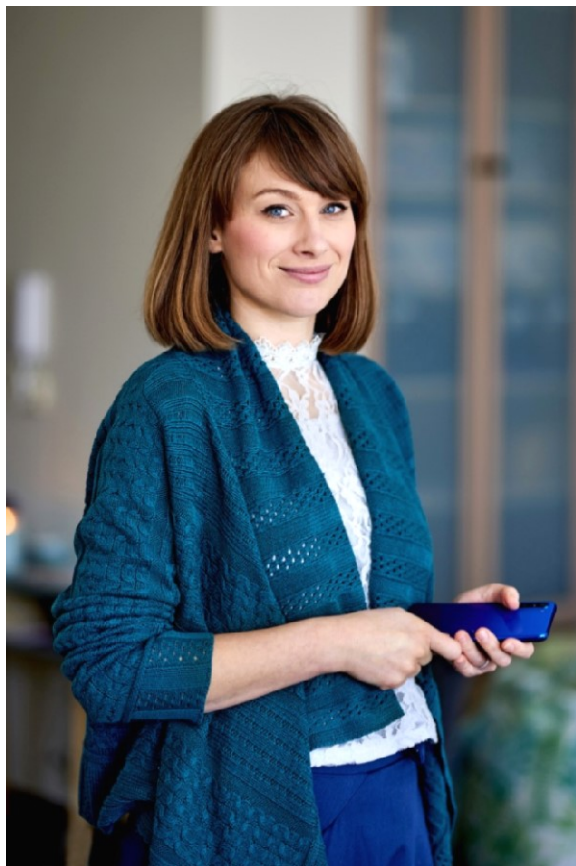


THE ART OF REST

TURN ON HOLIDAY IN YOURSELF

Aleksandra Mroczko
Inuits, 2023

ABOUT ME





FOR TODAY:

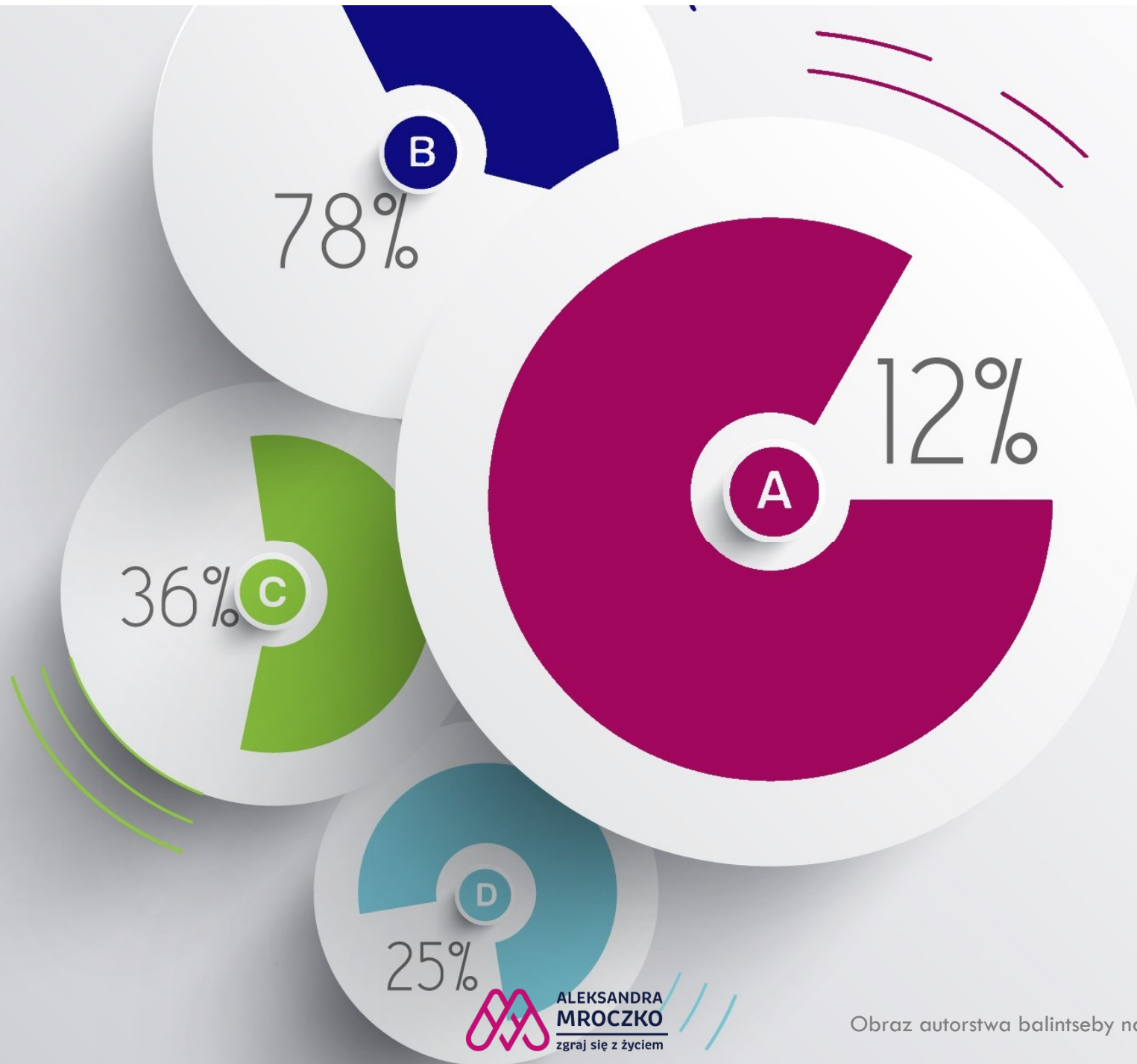
1. Sphere of influence.
2. The body as a barometer of our needs – find different strategies.
3. Flexibility & boundaries.
4. Teach your brain how to rest & Stay in the here and now.

EXPAND YOUR SPHERE OF INFLUENCE

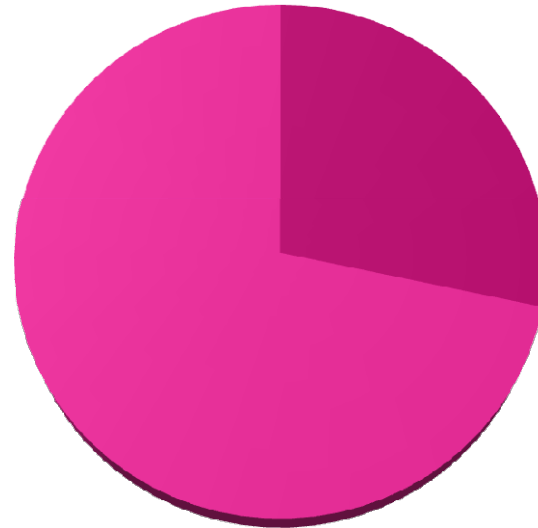
Do you ever feel like your hands are tied? You need peace and nature, your children are drawn to the water park, and at the same time the multitude of tasks makes you think that it would be best not to even take breaks?



ALEKSANDRA
MROCZKO
zgraj się z życiem



EXPAND YOUR SPHERE OF INFLUENCE



- Your sphere of influence
- Outside your sphere of influence

IF WE FOCUS EQUALLY ON EACH OF THE ELEMENTS IN
OUR LIVES, WE WILL DEVOTE MUCH MORE OF OUR
SPACE, ENERGY AND TIME TO CONSIDERING THINGS
OVER WHICH WE HAVE NO CONTROL.

THE TRICK IS TO FOCUS MORE ON WHAT WE HAVE
INFLUENCE OVER.



LOOK FOR DIFFERENT STRATEGIES TO MEET NEEDS

How can you fulfill them on your own, with the help of others or drawing from the world



LEKKOŚCI

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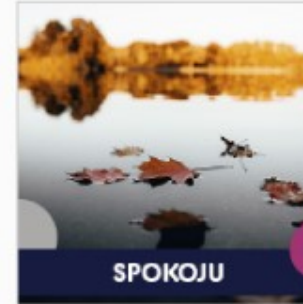
ZABAWY

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ZAUFAŃIA

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SPOKOJU

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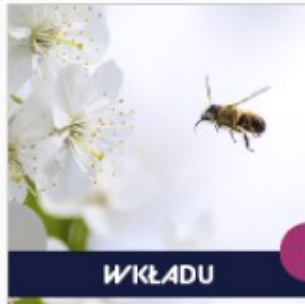


ŚWIĘTO



WSPÓLPRACY

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WKŁADU

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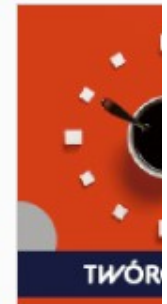
KONTAKTU Z NATURĄ

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BEZPIECZEŃSTWA

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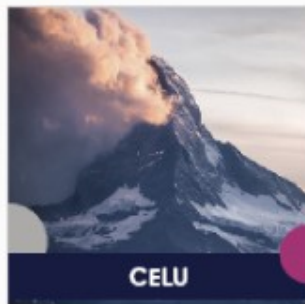
TWÓR

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WSPÓLNOTY

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CELU

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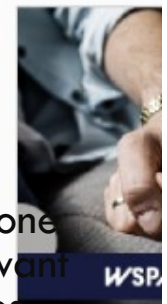
ZROZUMIENIA

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SENSUALNOŚCI

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WSP

2

In small groups:
Let everyone choose one
need for which they want
to find more strategies.
Brainstorm strategies for
each of need.

JUST BECAUSE YOU HAVE DIFFERENT STRATEGIES TO
MEET YOUR NEEDS DOESN'T MEAN YOU'LL HAVE TO
GIVE UP YOUR FAVOURITE STRATEGIES.

TAKE CARE OF YOURSELF AND LOOK FOR WAYS TO
MEET YOUR NEEDS IN THE BEST POSSIBLE WAY

- IN HARMONY WITH YOURSELF AND OTHERS

TEACH YOUR BRAIN HOW TO REST

- About rest, laziness, productivity
- Responsibility at work, towards the family
- What a man/woman should and shouldn't do, need, feel

What patterns of thinking and beliefs do you have?

MEET YOUR BELIEFS



STAY IN THE HERE IN NOW



THANK YOU

1. Plan one specific activity related to the topic of today's workshop.
2. Dare to change.

Aleksandra Mroczko