



Health Advice

Selfness – more time for myself

In our hectic daily lives, we often fail to make time for ourselves and the things that do us good. That is why now is the time for a little more selfness! The term “selfness” derives from wellness for one’s own self. But while wellness primarily means moments of relaxation and indulgence, the selfness trend focuses on the long-term mindfulness of one’s own self: what is good for me, what makes me more relaxed and how do I bring a little inner peace into a world that is becoming increasingly fast-paced? Answers to these questions cannot be found simply in passing, but it is possible to get closer to them by being more mindful and considerate of oneself. Doing this brings noticeably more resilience to stress and a slowing down of your busy working life. Selfness also means taking responsibility for your own health and wellbeing. Of course, when at work it is not really possible to constantly take breaks in order to discover yourself. But a few small changes in your own mindset and frequent short exercises can make a significant difference.

A different type of birthday cake

Our days are jam-packed and yet in the evening we often don’t know where the time has gone. Trace it back: draw a large circle on a sheet of paper. Now draw, like on a pie chart, how much time you spend doing certain activities on a typical weekday (24 hours), such as sleeping, eating, working, housekeeping, family, friends, media, hobbies, etc. The more time you devote to a specific activity, the bigger the corresponding slice of the cake. At the end you will have a good overview of how much time you spend on what over the course of a day. Now draw a second circle and draw in all your activities that would constitute your “ideal day” on which you have no obligations. On which activities would you spend a particularly large amount of time, what would you drop completely, and would you perhaps add something new? If you become aware of what is particularly impor-

tant to you, what gives you strength and makes you happy, you can ensure that you give these things a little more space in your everyday life. And you can make your dream day come true, perhaps on your birthday?

3 mini selfness exercises for every day

Use these small daily mindfulness exercises to concentrate for a moment just on yourself in the here and now - even at work.

Good performance

Instead of simply hurrying for the bus or to a meeting, use the next walk there to concentrate on your feet and steps: putting the soles of your feet down, raising them up again – how does that feel? What is the ground like? Can you feel the muscles in your legs?

Two minutes to myself

Set a timer for two minutes. Close your eyes and concentrate for a few breaths only on your breathing as the air flows in and out. Then focus your attention on your senses: what can you smell, hear and taste?

Positive words

What and how we think affects our wellbeing and our feelings. Pay conscious attention to your choice of words (especially towards yourself) and expand your vocabulary by at least five positive words. Use these words as often as possible from now on. For example, say “enjoy” instead of “eat” or “I will allow myself” instead of “I must”.