

Qu'est-ce que la pleine conscience ?

Il est fréquent ruminer des événements du passé ou de s'inquiéter de l'avenir. Cela peut être source de mal-être. La pleine conscience est un état de conscience - dépourvu de jugement - de ce qui se passe dans l'instant présent, y compris de ses propres pensées, sentiments et sensations.

Les composantes de la pleine conscience

La conscience

C'est remarquer ses pensées, ses sentiments et ses sensations physiques au fur et à mesure qu'ils surviennent. Ce n'est pas vider son esprit ou arrêter de penser, mais plutôt prendre conscience de ses pensées et de ses sentiments, plutôt que de se perdre dedans.

L'acceptation

Les pensées, les sentiments et les sensations sont observés sans jugement. Par exemple, si l'on remarque un sentiment de nervosité, on peut simplement se dire : "Je remarque que je me sens nerveux". Il n'est pas nécessaire de juger ou de modifier ce sentiment.

Les avantages de la pleine conscience



- Améliore la mémoire, la concentration et la vitesse de traitement de l'information
- Réduit la rumination mentale
- Réduit les symptômes de dépression et d'anxiété
- Augmente la satisfaction dans les relations
- Améliore la capacité à s'adapter aux situations stressantes
- Améliore la gestion des émotions

La pratique de la pleine conscience

La pleine conscience est un état d'esprit plutôt qu'une action ou un exercice particulier. Cependant, sans pratique, il est difficile d'atteindre la pleine conscience.

Méditation de pleine conscience



Asseyez-vous dans un endroit confortable et commencez à porter votre attention sur la respiration. Remarquez la sensation physique de l'air qui remplit vos poumons, puis qui sort lentement. Lorsque votre esprit divague - ce qui arrivera - contentez-vous de remarquer vos pensées et ramenez votre attention sur la respiration.

Balayage corporel



Portez votre attention sur les sensations physiques dans tout votre corps. Commencez par vos pieds et remontez le long de vos jambes, du bassin, de l'abdomen, de la poitrine, du dos, des épaules, des bras, des mains, du cou et du visage. Passez 15 à 60 secondes sur chaque partie du corps.

Marche en pleine conscience



Pendant que vous marchez, prenez l'habitude de pratiquer la pleine conscience. Commencez par remarquer comment votre corps bouge et se sent à chaque pas. Ensuite, élargissez votre conscience à votre environnement. Que voyez-vous ? Qu'entendez-vous ? Que sentez-vous ? Cette technique peut également être étendue à d'autres activités quotidiennes.

Les cinq sens



Faites l'effort conscient de remarquer l'instant présent à travers les 5 sens.

- 5 choses que vous voyez
- 4 choses que vous sentez sur la peau
- 3 choses que vous entendez
- 1 chose que vous goûtez
- 1 chose que vous sentez

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Michael Seilmaier



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