

Toolkit 1 - Learning Unit 3

Post-intervention

Activity 1

Risk awareness and responsibility: Taking ownership of protective measures to address soft skills



Exercise

Emotional absorption of the perceived stressful situation

1. Do you feel that you are emotionally engaged in a stressful situation?



YES

Activity 1

Practicing the protective magic bubble in the imagination

Imagination: Magic bubble

Sit in a comfortable position. You can also lie down if you like. When you find a comfortable position, you can breathe in and out. Slowly let the air flow in and out again. Breathe out all your fears, tensions, tiredness and all your thoughts that you are dealing with. Now imagine there is a magical bubble all around you. This bubble is completely transparent and light, but at the same time, it is very resilient and strong. You can enter and exit that bubble at any time without it being destroyed. Imagine that this bubble is the color you like. It can be one color, or it can be many colors. You can take any objects you want into this bubble that make you feel good and create safety and well-being. Inside the bubble, you will hear sounds that make you happy and calm. There are no critical, nasty or unpleasant voices or words allowed in the bubble. There are no



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objects that can hurt you there. People who make you suffer and hurt you are also forbidden to enter the bubble. If you want, you can take people into the bubble who love you, care about you and people you love. Or you can take your pet or pets with you. You can take some tasty food, drinks or even nice music or other sounds with you. Take anything that makes you feel good and comfortable. These things can increase your self-esteem, and you can feel more and more comfortable too. Now your bubble is ready. You have everything you want with you, so the bubble can begin to move. Very slowly, with everything inside, the bubble rises up, higher and higher. You leave the building you are in, and now you are flying through the air. The houses and people are getting smaller and smaller. You are flying in your safe bubble which looks just the way you like it. You are flying towards a place you love or a place you want to visit. Now you are slowly flying towards the place you have chosen. When you are there, you have plenty of time so you can take a look at the place. You can get out of your bubble and enjoy the place, or you can stay in your bubble. Now you have time to enjoy yourself and this special, safe and beautiful place. Tap into all the energy and all the resources that this place has to offer you. Feel the power and strength of this place. Feel the care and love. You can stay here or you can go back with your bubble to where you came from. Choose what you want to do. But allow yourself a few minutes to remember what you felt and experienced in your bubble, what things you saw. Recall and remember the sensations you felt in your body during your journey. And when you are ready and the moment is right, slowly come back into the room and open your eyes.



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