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UNIVERSITY of NICOSIA

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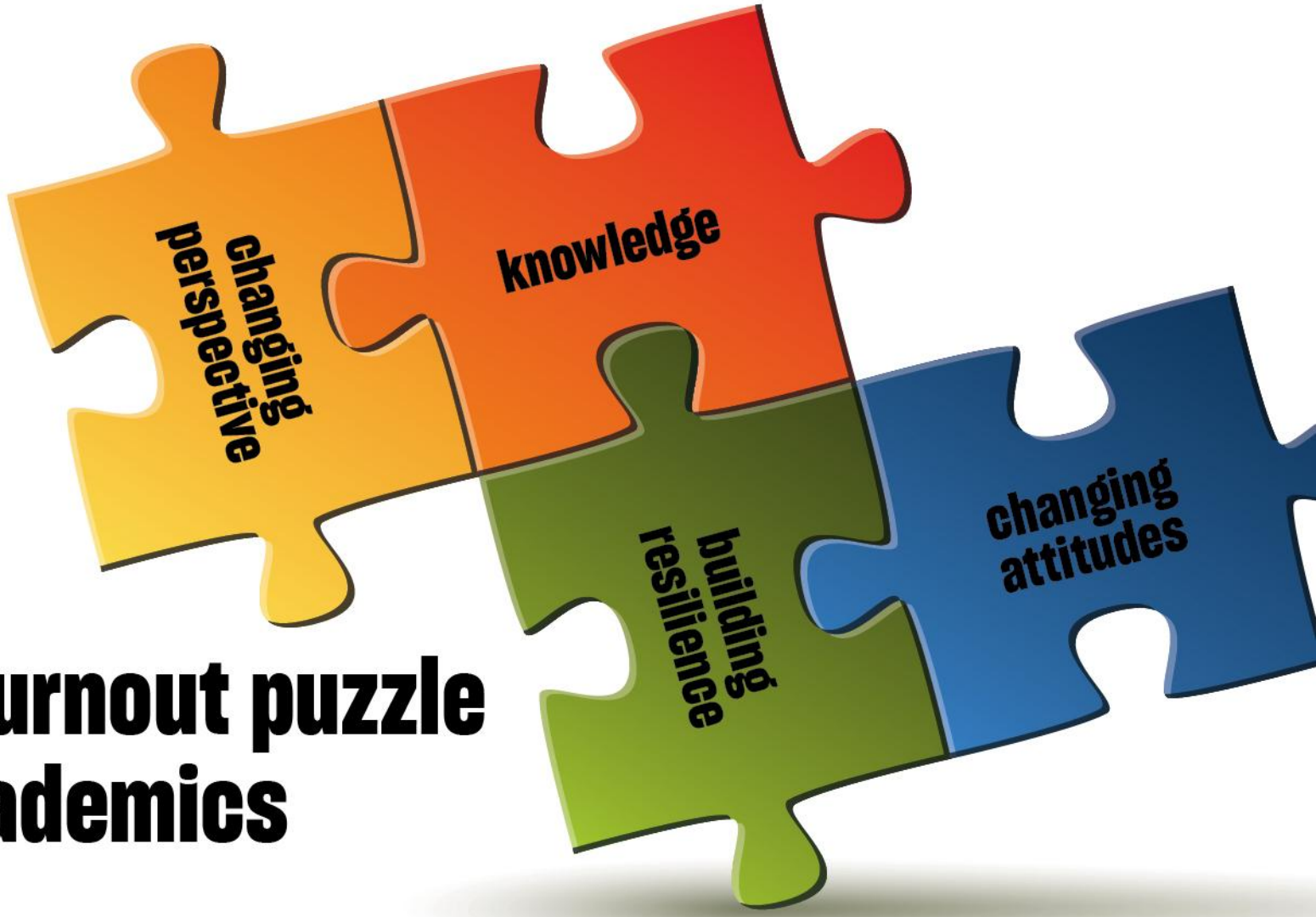

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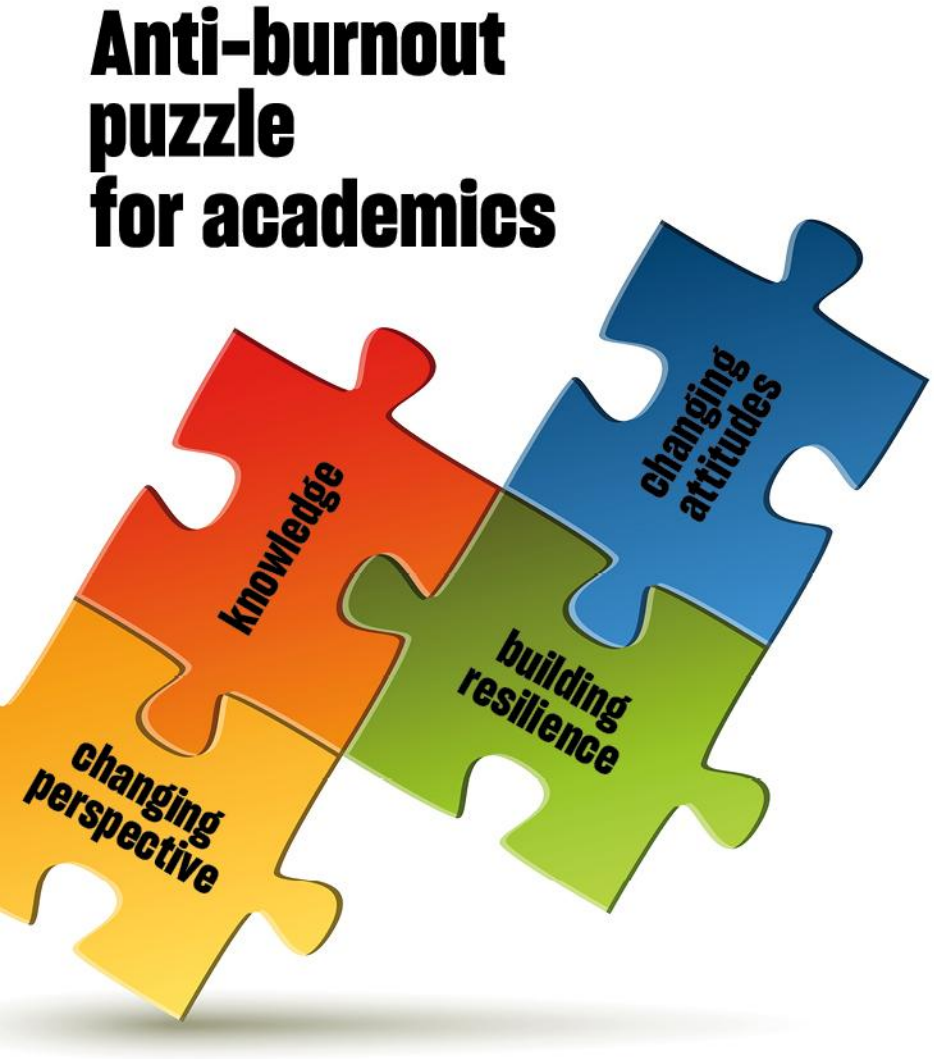
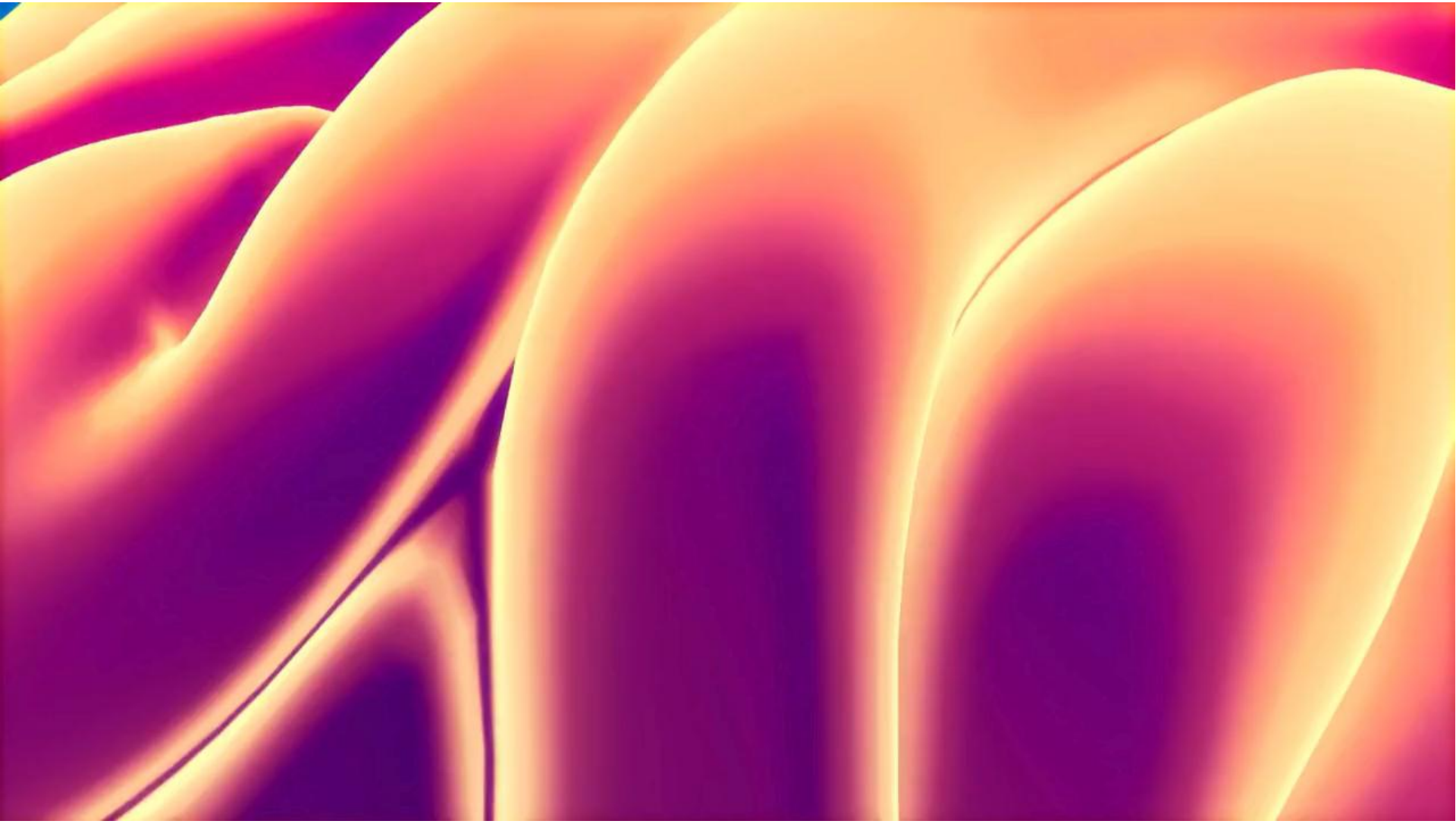


CLOSER TO YOURSELF

The Wisdom of the Body in Preventing Occupational Burnout



Created by Lucyna Piwowarska - Dmytrów

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University of Nicosia

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Uczelnia Korczaka

THOUGHTS

**„Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain.”**

folk wisdome

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READ THE SIGNS

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ANS AUTONOMIC NERVOUS SYSTEM

- It consists of three parts: **the sympathetic system**, the **parasympathetic system**, and **the enteric (gut) part**.
- The sympathetic system prepares the body for the “fight or flight” response in stressful situations (e.g., increases heart rate, dilates pupils).
- The parasympathetic system works in the opposite way – it calms the body, supports regeneration, and digestive processes.
- The enteric part controls the functioning of the gastrointestinal tract, often called the “second brain” because of its relative autonomy.

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THOUGHTS

"Between stimulus and response, there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.„
– inspired by the thought of Viktor E. Frankl

Viktor E.Frankl, autor książki „Człowiek w poszukiwaniu sensu” (*Man's Search for Meaning*)

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STOIC
PHILOSOPHY

- **Live in harmony with nature and guided by reason.**
- **Focus your energy on what is within your control.**
- **True inner peace comes through wisdom, courage, justice, and moderation.**

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FIND YOUR „MOMENTUM”

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GOOD PRACTICES CLOSER TO YOURSELF

practical part

GOOD PRACTICES

CLOSER TO YOURSELF

practical part

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ICEBREAKER – ACADEMIC BINGO
burnout level self-test

INNER OBSERVER
body awareness as a starting point
mindfulness exercise using visualization

BODY, VOICE, INTUITION
bodywork technique
practicing the skill of releasing tension through breathing

ENERGY MANAGEMENT
overview of bodywork techniques and methods
practical exercises

TENSION REDUCTION
attention/mindfulness
emotions
cognitive patterns/beliefs

PERSONAL USER MANUAL
creating an individual plan for coping with everyday life