

## Relieving educational and work stress

We present to your attention exercises from the field of integrative kinesiology "Brain Gymnastics", which studies the relationship of a person's body with his emotions and mind.

By doing fun and light exercise in each of the four directions (exercises that cross the midline of the body; increase body energy; deepen a positive attitude; stretch the muscles of the body), you can activate specific areas of the brain, thereby integrating movement and thought. Exercise can help you improve your condition, feel confident and energized, as well as tune in to get things done and more clearly prioritize your priorities.

Exercises can be performed in the morning or in the middle of the day in a well-ventilated room. You can perform the exercises in any sequence and quantity, if desired.

### "Double drawings"

1. The initial pose – both hands are freely straightened in front of you. Imagine that your hands are brushes, and in front of you is a canvas.

2. At the same time, with your left and right hand from the center, start drawing on an imaginary canvas. The plot does not matter, but the drawings should be located both in the upper and lower parts of the canvas. Both hands draw the same pattern mirrored. The body is relaxed, breathing at a natural pace, hand movements are free. The eyes follow both hands.

Option: draw with chalk or markers on a blackboard, pastel on paper attached to a table or to the floor (horizontal plane).

Learning skills: Improves hand-eye coordination and performing creative tasks.

Other: this exercise integrates the work of both hemispheres of the brain, promotes the development of coordination of movements of the whole body in everyday life and in sports, promotes creative self-expression, spatial vision.



### "Water"

All electrochemical processes occurring in the body, and therefore in the brain and central nervous system, depend on the patency of nerve impulses. Water is the best conductor of the electrical signal in our body. For a workable and energetic state, it is necessary to replenish your water reserves! It is especially important to drink water before and during any mental activity.

Attention! Juices, teas and other beverages do not perform the wonderful functions that water carries.

Learning Skills: All learning skills improve with water intake. It is especially necessary to take water before control work or in situations of possible stress.

Other: improves concentration, increases activity and energy, improves adaptability and flexibility in decision-making.



### "Positive points"

The exercise can be performed standing and sitting.

1. Place the middle and index fingers of both hands on the points located on the forehead in the middle between the eyebrow line and the hair. The vertical location of the dots is in the middle of the pupil.

2. Hold your fingers on these points until heat or pulsation occurs under them. At the same time, it is possible to imagine a positive resolution of the problem situation.

Other: the exercise helps to balance a stressful situation, to weaken the emotional intensity, to find solutions to the problem.



*For more information, you can always contact the psychological service of the school  
The information provided is based on the materials of the authors of the method Smirnov S.S.,  
Tsyplenkova O. A.*