

Regen database



REGENERATIVE EXERCISES

FOR HOME, DURING ACTIONS
AND DURING MEETINGS



WELCOME TO THIS REGEN DATABASE BOOKLET

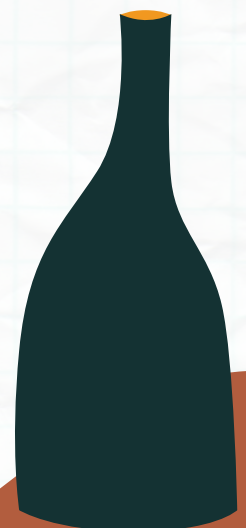
A REGENERATIVE HUMAN CULTURE IS HEALTHY,
RESILIENT AND ADAPTABLE; IT CARES FOR THE PLANET
AND IT CARES FOR LIFE IN THE AWARENESS THAT THIS
IS THE MOST EFFECTIVE WAY TO CREATE A THRIVING
FUTURE FOR ALL OF HUMANITY.

REGENERATIVE CULTURE MEANS IMPROVEMENTS YEAR
ON YEAR, TAKING SMALL STEPS TO HEAL AND IMPROVE

IN THIS DATA BASE YOU CAN FIND REGEN ACTIVITIES
TO DO AT HOME, DURING ACTIONS AND DURING
MEETINGS.



Enjoy!



Regenerative activities at home

MINDFULNESS

- TAKE YOUR ATTENTION OUTWARD
 - WHAT CAN YOU SEE, HEAR, SMELL, FEEL
- MEDITATE
 - BECOME AWARE OF YOUR SURROUNDINGS, CLOSE YOUR EYES AND FOCUS ON THE SOUNDS AND SMELLS, FEEL HOW YOUR BODY IS CONNECTED TO THE GROUND
 - SCAN YOUR BODY FROM HEAD TO TOE FINDING OUT HOW EACH BODYPART FEELS AND WHAT HAS BEEN ON YOUR MIND
 - FOCUS ON YOUR BREATHING FOR A WHILE FOR EXAMPLE BY COUNTING THE BREATH
- LET YOUR MIND WANDER
 - SIT DOWN WITH SOME DRINK OF YOUR CHOICE, OR LIE DOWN, AND SIMPLY ALLOW TAKING A BREAK IN YOUR DAY, WITHOUT WATCHING YOUR PHONE, READING ANYTHING, OR LISTENING TO ANYTHING... SIMPLY BE AND LET YOUR MIND WANDER... PERHAPS YOU'LL FIND SOME GREAT CREATIVE IDEAS WHILE DOING SO!
- PRACTICING MODERATION
 - ASK YOURSELF WHETHER THERE ARE AREAS IN YOUR LIFE WHERE YOU COULD BE MORE MODERATE (WHICH IS THE CASE WHEN YOU PUT TOO MUCH OR TOO LITTLE OF YOUR TIME AND ENERGY INTO IT)? IT COULD BE WATCHING TV, VOLUNTEERING, WORKING, EATING, ETC. CHOOSE ONE AT A TIME AND BEGIN TO PRACTISE THIS AREA OF LIFE WITH MORE MODERATION, GIVING ONLY 75% OF YOUR ENERGY RATHER THAN THE FULL 100% OR 0%. THE AIM IS TO PRACTISE BEING LESS EXCESSIVE. PRACTISE THIS FOR A FEW DAYS AND SEE WHETHER YOU FEEL MORE CONTENT. SLOWLY, APPLY THIS PRACTISE TO ALL THE AREAS IN YOUR LIFE - ROTATING ONE AT A TIME.

If in any of the practices you find yourself wandering off into thought and you don't want to, you can acknowledge that thought and mentally put it into a bubble and let it "float away"

MINDFULNESS



Regenerative activities at home

MINDFULNESS

- PERSONAL CHECK IN
 - HAVE 'CHECK-IN' MOMENTS DURING THE DAY, ASK YOURSELF HOW YOU ARE FEELING AND IF YOU ARE OKAY WITH WHAT YOU ARE DOING RIGHT NOW. IT KEEPS YOU FOCUSED ON YOURSELF AND PRESENT
- THE 75% RULE
 - FOR MANY OF US WITH BUSY AGENDAS IT HAS BECOME NORMAL TO RUSH THROUGH OUR DAY FROM APPOINTMENT TO APPOINTMENT, AND FROM TASK TO TASK. TRY TO REGAIN CONTROL OF THE WAY YOU MOVE THROUGH YOUR DAY BY TRYING TO ENGAGE IN YOUR ACTIVITIES WITH ONLY 75% OF THE ENERGY, EFFORT AND ENTHUSIASM AS YOU NORMALLY WOULD. E.G. WALK JUST A BIT SLOWER THAN YOU NORMALLY WOULD, BE CONTENT WITH ONE APPOINTMENT LESS AND TASK ON YOUR TO DO LIST THAN YOU NORMALLY WOULD, GIVE YOURSELF A BIT MORE TIME IN BETWEEN TASKS AND APPOINTMENTS. OVERALL, THIS WILL ALLOW YOU TO LIVE SLOWER, EVEN IF YOU'RE A PERSON WHO LIKES TO KEEP THEMSELVES BUSY.
- SCHEDULE IN REGENERATIVE APPOINTMENTS
 - WHEREAS IT'S NORMAL FOR US TO SCHEDULE IN WORK, STUDY AND SOCIAL APPOINTMENTS, BUT LESS COMMON TO SCHEDULE IN EMPTY EVENINGS WITH RELAXING ACTIVITIES FOR INSTANCE. MAKING IT A HABIT TO ACTIVELY SCHEDULING IN REGENERATIVE TIME, JUST AS YOU WOULD WITH OTHER APPOINTMENTS, IS A GOOD WAY TO KEEP YOURSELF ACCOUNTABLE TO LIVE IN A WAY THAT FEELS GOOD TO YOU!

MINDFULNESS



Regenerative activities at home

PHYSICAL

- EXERCISE
 - DOING EXERCISE IS A WONDERFUL WAY TO PRACTISE REGENERATIVE CULTURE. EXAMPLES INCLUDE DOING (ONLINE) YOGA CLASSES, WALKING, RUNNING, CYCLING, SKATING, GOING TO THE (BOULDER) GYM, SWIMMING AND DANCING
- GOING FOR A WALK
 - FINDING YOURSELF A QUIET/NATURE AREA, SUCH AS A PARK, FOREST OR LAKE AND TAKING YOUR TIME TO EXPLORE IT, EITHER BY WALKING FAST, OR RATHER VERY SLOW CAN BE VERY REFRESHING! DURING INTENSE ACTIONS, GOING FOR A WALK CAN HELP YOU FIND PEACE OF MIND, A BREAK AND SOME DISTRACTION AND KEEP THE ACTION FUN FOR YOURSELF.
- ACTIVE BREATHING
 - LONGER OUTBREATH THAN INBREATH, POSSIBLY HAND ON HEART
- SHAKING IT OUT
 - SHAKE EVERY BODYPART, FOR EXAMPLE START WITH SHAKING YOUR LEFT HAND 10 TIMES, THEN YOUR RIGHT HAND 10 TIMES, THEN YOUR LEFT LEG, THEN YOUR RIGHT LEG, THEN DO YOUR LEFT HAND 9 TIMES AND COUNT DOWN LIKE THAT (OR IN LARGER STEPS)
- SELF-MASSAGE
 - A SELF-MASSAGE CAN BE A VERY NICE BREAK IN YOUR DAY OR A NICE START OF AN XR MEETING. IT DOESN'T HAVE TO TAKE LONG AT ALL, AND THERE ARE TONS OF HELPFUL VIDEO'S WHICH CAN HELP YOU GET STARTED!
- CHAIR YOGA
 - CHAIRYOGA IS FOR EVERYONE! EASY STRETCHES ON AND AROUND YOUR CHAIR. THEY CAN BE A GREAT WAY TO TRANSITION FROM YOUR DAY INTO YOUR XR MEETING, ARE EASY TO DO, AND EASY TO FIND ON YOUTUBE.

PHYSICAL

Regenerative activities at home

WORKING HACKS

- DOING ONE THING AT A TIME
 - GENERALLY, IT'S MUCH MORE PLEASANT TO WORK ON YOUR TO DO'S IF YOU REALLY WORK ON THEM WITH FULL ATTENTION. FOR MANY OF US, THE INTERNET AND OUR MOBILE PHONES OFFER A LOT OF DISTRACTION WHICH DISTURB THE FLOW OF OUR WORK. SETTING TIMES FOR 'OFF TIME' DURING WHICH YOU DON'T USE YOUR PHONE CAN BE A POWERFUL WAY TO PREVENT THIS...
- POMODORO TECHNIQUE
 - A WAY TO CREATE MORE FREE TIME IN YOUR DAY, AND YET FEEL LIKE YOU DID EVERYTHING YOU NEEDED TO DO, IS THROUGH AN EFFECTIVE WORKING TECHNIQUES. ONE SUCH TECHNIQUE IS POMODORO: IN WHICH YOU WORK IN BLOCKS OF E.G. 2-3 HOURS, SPLIT UP IN CYCLES OF WORKING (E.G. 30/40 MINUTES) ALTERNATED WITH RELAXING PERIODS (5 MINUTES). FOR MORE INFORMATION, SEE THE SOURCE.

OTHER

- TALKING TO A FRIEND/WELLBEING ASSISTANCE
 - FEEL FREE TO REACH OUT TO US!
- JOURNALING
 - WRITING DOWN THOSE THINGS THAT ARE ON YOUR MIND (E.G. IN A DIARY), WHETHER THEY BE WHAT YOU HAVE DONE DURING THE DAY, WHAT YOU ARE WORRIED ABOUT, WHAT MAKES YOU RESTLESS CAN BE A WONDERFUL WAY TO GAIN EASE OF MIND, AS WELL AS CLARITY AND FOCUS
- DO SOME CREATIVE ACTIVITIES
 - DRAW, PAINT, WRITE, PLAY/ MAKE MUSIC/SING
- ORGANIZE YOUR SPACE
 - MAKE/KEEP YOUR HOME CLEAN, ORGANIZED AND COZY (PLANTS, PAINTINGS, THINGS YOU LOVE). IT MAKES YOU MORE PRODUCTIVE AND REDUCES STRESS

Regenerative activities during actions

PHYSICAL ACTIVITIES

- **GOING FOR A WALK**
 - FINDING YOURSELF A QUIET/NATURE AREA, SUCH AS A PARK, FOREST OR LAKE AND TAKING YOUR TIME TO EXPLORE IT, EITHER BY WALKING FAST, OR RATHER VERY SLOW CAN BE VERY REFRESHING! DURING INTENSE ACTIONS, GOING FOR A WALK CAN HELP YOU FIND PEACE OF MIND, A BREAK AND SOME DISTRACTION AND KEEP THE ACTION FUN FOR YOURSELF.
- **ACTIVE BREATHING**
 - LONGER OUTBREATH THAN INBREATH, POSSIBLY HAND ON HEART
- **SHAKING IT OUT!**
 - SHAKE EVERY BODYPART, FOR EXAMPLE START WITH SHAKING YOUR LEFT HAND 10 TIMES, THEN YOUR RIGHT HAND 10 TIMES, THEN YOUR LEFT LEG, THEN YOUR RIGHT LEG, THEN DO YOUR LEFT HAND 9 TIMES AND COUNT DOWN LIKE THAT (OR IN LARGER STEPS)
- **STAMP IT OUT**
 - WHEN YOU FEEL STRESSED DURING ACTIONS, STAMPING ON THE GROUND CAN HELP YOU FEEL A BIT MORE GROUNDED AND PRESENT RATHER THAN STRESSED.
- **LEAVING THE CROWD**
 - WHEN YOU FEEL OVERWHELMED OR STRESSED DURING ACTIONS, LEAVING THE CROWD FOR A QUIETER PLACE, IDEALLY AFTER YOU TALK TO SOMEONE ELSE ABOUT IT AND WITH THAT PERSON, CAN HELP YOU FEEL BETTER AGAIN. ONLY RETURN WHEN YOU'RE READY.

PHYSICAL

Regenerative activities during actions and meetings

DO A FOCUS EXERCISE!

- COUNT TO 20
 - TRY TO COUNT TO 20 IN A GROUP, BUT ONLY ONE PERSON IS ALLOWED TO SAY EACH NUMBER AND IF TWO PEOPLE SAY IT AT THE SAME TIME YOU HAVE TO RESTART
- WORD ASSOCIATION
 - LET SOMEONE IN THE CIRCLE START WITH A WORD AND THEN LET THE NEXT PERSON FIND AN ASSOCIATED WORD AND GO IN A CIRCLE LIKE THAT
- PASS ON THE CLAP: HAVE SOMEONE CLAP WHILE LOOKING AT SOMEONE IN THE CIRCLE AND THEN THE PERSON THAT WAS CLAPPED AT PASSES IT ON FURTHER (CAN ALSO GO FROM 1 CLAP TO 2 CLAPS TO 3 CLAPS BACK TO 2 BACK TO 1 BACK TO 2 ETC, OR EVEN DO IT JUST LOOKING AT SOMEONE WITHOUT CLAPPING)
- ZIP ZAP BOING (PEOPLE ARE IN A CIRCLE AND PUT THEIR HANDS TOGETHER IN FRONT OF THEM AND PASS WORDS ON BY POINTING THEIR HANDS AT SOMEONE. WHEN THE PERSON IS NEXT TO YOU YOU HAVE TO SAY ZIP, WHEN THE PERSON IS MORE THAN 1 PERSON AWAY YOU SAY ZAP, WHEN YOU WANT TO PASS BACK TO WHERE YOU GOT THE "BALL" FROM YOU SAY BOING AND CROSS YOUR ARMS LIKE A BLOCK AND THERE'S A SPECIAL OPTION WHERE YOU SAY FREEEEZER AND SLOW MOTION PASS THE BALL ON TO SOMEONE WHO SLOW MOTION ACCEPTS IT)
- PLAY THAT SCHOOL YARD GAME WHERE YOU TRY TO HIT PEOPLE'S HANDS BUT ARE ONLY ALLOWED TO MOVE WHILE SOMEONE ELSE IS MOVING (AND ONLY ALLOWED TO TRY TO ELIMINATE SOMEONE BY HITTING THEIR HAND WHEN IT'S YOUR TURN)

FOCUS EXERCISE

Regenerative activities during actions and meetings

MINDFULNESS

- LISTENING TO DECLARATIONS/INTENTIONS
 - STARTING OFF AN ACTION, ESPECIALLY THE HIGHER-RISK ONES, WITH SOME POSITIVE DECLARATIONS TO REMIND YOURSELF WHY YOU ARE AT THE ACTION, TO REMIND YOURSELF OF NON-VIOLENT COMMUNICATION, TO REMIND YOURSELF THAT IT IS ALWAYS OKAY TO TAKE A STEP BACK, CAN BE A GOOD WAY TO STAY FOCUSED ON WHAT'S IMPORTANT DURING THE ACTION ITSELF.
- PERSONAL CHECK-IN
 - HAVE 'CHECK-IN' MOMENTS DURING THE DAY, ASK YOURSELF HOW YOU ARE FEELING AND IF YOU ARE OKAY WITH WHAT YOU ARE DOING RIGHT NOW. IT KEEPS YOU FOCUSED ON YOURSELF AND PRESENT
- TAKE YOUR ATTENTION OUTWARD
 - WHAT CAN YOU SEE, HEAR, SMELL, FEEL
- NAME IT!
 - DESCRIBING IN YOUR HEAD, OR STATING OUT LOUD WHAT'S GOING ON WITH YOU WHEN YOU DO NOT FEEL SO GREAT AT ANY POINT DURING THE ACTION, IS A GOOD DEPRESSOR. SAYING: "I AM WORRIED", "I AM UNCERTAIN", "I AM NOT SURE HOW I FEEL ABOUT THIS" CAN HELP YOU KEEP SOME DISTANCE FROM THE EXPERIENCE AND CAN HELP YOU NOT TO BE OVERWHELMED BY IT

MINDFULNESS



Regenerative activities during meetings

CREATIVE

- UNDERTAKE CREATIVE ACTIVITIES: DRAW, PAINT, PLAY/MAKE MUSIC, SING!

PHYSICAL

- SHAKE EVERY BODYPART, FOR EXAMPLE START WITH SHAKING YOUR LEFT HAND 10 TIMES, THEN YOUR RIGHT HAND 10 TIMES, THEN YOUR LEFT LEG, THEN YOUR RIGHT LEG, THEN DO YOUR LEFT HAND 9 TIMES AND COUNT DOWN LIKE THAT (OR IN LARGER STEPS)
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- ACTIVE BREATHING: LONGER OUTBREATH THAN INBREATH, POSSIBLY HAND ON HEART



CREATIVE/PHYSICAL



Regenerative activities during meetings

DOING ONE THING AT A TIME:

- GENERALLY, IT'S MUCH MORE PLEASANT TO WORK ON YOUR TO DO'S IF YOU REALLY WORK ON THEM WITH FULL ATTENTION. FOR MANY OF US, THE INTERNET AND OUR MOBILE PHONES OFFER A LOT OF DISTRACTION WHICH DISTURB THE FLOW OF OUR WORK. SETTING TIMES FOR 'OFF TIME' DURING WHICH YOU DON'T USE YOUR PHONE CAN BE A POWERFUL WAY TO PREVENT THIS...

EXPLAINING THE WHY OF AN EXERCISE

- MANY REBELS WANT TO ENGAGE IN REGENERATIVE CULTURE AS A MEANS TO AN END, NOT AS AN END IN ITSELF. NAMING WHY A CERTAIN EXERCISE IS DONE AT THE START OF A MEETING CAN MAKE REBELS MORE ENTHUSIASTIC ABOUT IT AND REMIND US WHY WE ARE PRACTISING REGENERATIVE EXERCISES

WRITING

- WRITING DOWN THOSE THINGS THAT ARE ON YOUR MIND (E.G. IN A DIARY), WHETHER THEY BE WHAT YOU HAVE DONE DURING THE DAY, WHAT YOU ARE WORRIED ABOUT, WHAT MAKES YOU RESTLESS CAN BE A WONDERFUL WAY TO GAIN EASE OF MIND, AS WELL AS CLARITY AND FOCUS.



WORKING HACKS / WRITING