

# ☀️ Gratis Mini-Guide: Stress relief in 2 minutes – with the „lazy“ eight! ☀️

The "Lazy Eight" from Kinesiology is a simple method to promote inner balance and relaxation. 🕒 🙏

## 🌟 What is the Lazy Eight?

The horizontal eight (∞) symbolizes balance and harmony. By tracing it on paper, both hemispheres of the brain are activated and connected—an effective way to harmonize mind and emotion while calming the nervous system. 📊 🌟

## 🖋️ How it works:

Fix an A2 sheet of paper at eye level on a door or wall. 🖼️

Use a colored pencil to trace a large eight—without applying pressure. ✍️

Follow the movement with your eyes, keeping your head consciously straight. 🧠

After 30 seconds, change direction. 🔄

After 60 seconds, switch hands. 🖐️

✅ **Tip: 2 minutes is enough!** Perfect for your lunch break, before meetings, or whenever you need a short moment of peace.

## 💡 The Effect:

Stress and tension are noticeably reduced. 😌

Concentration and inner clarity are enhanced. 🧘

