



Your day at the centre

# DAILY RHYTHM

Every day brings new opportunities to care for yourself. May this rhythm be a source of support and a sense of safety, as well as a space to discover what nurtures your recovery, inner calm and wellbeing.



**Medical staff on duty around the clock, 24h / 7** Your safety is under constant care.

The times are approximate. The detailed daily plan is set by the Therapeutic Team.



A week with our team

# WEEKLY RHYTHM

Each day you have the chance to meet a different specialist, so you experience a range of methods and perspectives.

## Monday

● **Paweł Skrzypczak** addiction therapist ● **Ahmed** psychologist

- 9:00 shared breakfast and preparation for therapy
- 10:00 psychoeducation session with Paweł: the mechanisms of addiction, a film and a group discussion, a therapeutic task
- from 11:00 individual and group sessions in English with Ahmed
- after 14:00 individual sessions with Paweł

## Tuesday

● **Piotr Sawicz** psychotherapist ● **dr Sławomir Rejowski** doctor

- from 9:00 to 18:00 in-depth psychotherapy sessions with Piotr, around 90 min. with a break if needed
- a therapeutic task after the session
- individual medical consultations (between sessions)

## Wednesday

● **Paula Klajnowska** psychologist - CBT

- cognitive behavioural (CBT) sessions with Paula
- individual sessions with no time limits
- the option of a breathwork session and yoga, working with the body and breath

## Thursday

● **Paweł Skrzypczak** addiction therapist ● **Ahmed** psychologist

● **dr Rejowski** doctor

- 9:00 shared breakfast and preparation for therapy
- 10:00 psychoeducation session with Paweł, a film and a group discussion, a therapeutic task
- from 11:00 individual and group sessions in English with Ahmed
- individual medical consultations (between sessions)

## Friday

● **Ania Binder** therapist ● **Ahmed** psychologist

- individual sessions with Ania Binder
- from 11:00 individual and group sessions in English with Ahmed
- time to consolidate the week's work

## Saturday

● **Ahmed** psychologist

- from 11:00 individual and group sessions in English with Ahmed
- the option of a shared film screening and discussion
- time for activity, rest and building the therapeutic community

## Sunday

● **free time and visits** ● **dr Sławomir Rejowski** doctor

- rest, time for yourself and visits from loved ones, medical consultations
- Shared trip to an AA (Alcoholics Anonymous) meeting. Optional: those who wish can take part, accompanied by Paweł, who is with the group throughout the trip.

## Our team

### THERAPY AND PSYCHOLOGY TEAM



**Paweł Skrzypczak**  
therapist



**Piotr Sawicz**  
psychotherapist



**Anna Binder**  
therapist



**Paula Klajnowska**  
psychologist



**Ahmed**  
psychologist

### MEDICAL CARE 24H / 7



**dr Sławomir Rejowski**  
doctor



**Marcin Mateusiak**  
paramedic



**Ania Kazusek-Hymon**  
paramedic



**Ania Białkowska**  
nurse



**Milena Lizniewicz**  
nurse



**Sylwia Jąłowska**  
nurse

Ongoing psychological support · round-the-clock medical care



*A place that supports recovery*  
**OUR CENTRE**

You are surrounded by a calm, green space and a team you can rely on, available at any time of day or night. All so that you can fully focus on yourself and on returning to balance.



**The centre from above**

An intimate estate set in parkland, with a pond, a garden and a basketball court

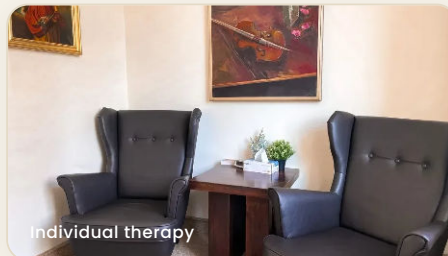


**Medical care around the clock, 24h / 7**

You can always count on the presence of medical staff. On selected days (Tuesday, Thursday and Sunday) there are also consultations with the doctor, dr Sławomir Rejowski. Your safety and comfort matter most to us.



Therapy and community area



Individual therapy



Living room



Library



A bright interior



A comfortable room

● **Physical activity and recovery**

Make use of the activities on offer according to your own needs and how you feel:

- a garden with a walking and jogging path
- a modern gym
- a swimming pool with a sauna
- a table tennis table and a sports court
- a space for yoga, pilates and breathing exercises

● **Individual support**

On request you can arrange:

- consultations and training with a personal trainer
- individual work and massage with a physiotherapist

Our team will help you choose activities suited to your health, fitness and goals. To arrange a consultation, speak to the Therapeutic Team.





*Activity and recovery*

## SPACE AND TIME

Movement, recovery and active time. The pool, sauna, gym and sports court help you get back into shape, while the winter garden and park offer respite and contact with nature.



### A centre by the water, among greenery

A sprawling park, a pond and little bridges, wrapped in old-growth trees.



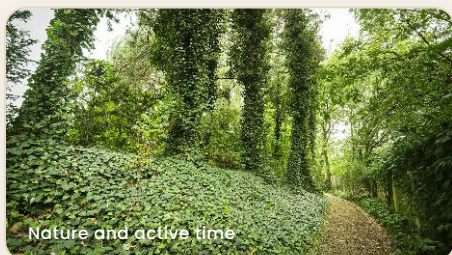
Swimming pool



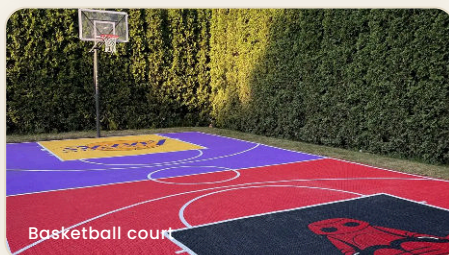
Gym



Massage room



Nature and active time



Basketball court



Winter garden



### Jose

**PHYSIOTHERAPIST · PERSONAL TRAINER**

He provides individual physiotherapy and personal training, tailored to your body, fitness and goals. He visits as needed, in the evenings, after the therapy sessions.

**Sessions available at an additional charge. To book, call: +48 537 677 773**

#### ● Sport and movement

Active time supports the recovery of body, mind and spirit:

- a basketball court and a table tennis table
- a modern gym and personal training
- a swimming pool with a sauna and recovery area

#### ● Recovery and nature

Calm and contact with nature all year round:

- a winter garden full of greenery and light
- a park with a pond and walking paths
- yoga, pilates and breathing exercises

*We match activities to your health and how you feel. To arrange sessions, speak to the Therapeutic Team.*



Each day, mark the practices you managed to take up. This is not a test or an assessment, but a gentle mirror of your rhythm, showing how you care for the five pillars of recovery.

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In the evening, while keeping your Recovery Journal, pause for a moment and notice which areas you managed to care for today. You don't have to tick every box. An empty space is not a failure, it is information. Pause and ask: what did my body and mind need today? Was there room for the spirit?



Educational leaflet · 01

# How to practise mindfulness

Mindfulness is the ability to be here and now, with openness and without judging. It is bringing your attention back from the past and future to what is happening in this moment. In recovery it helps you notice emotions and cravings before they take control of your life.

## 01

### Mindful breathing

Sit comfortably and, for 3 minutes, watch your breath: cool air on the in-breath, warm air on the out-breath. When your thoughts drift away, gently return to the breath, without judging.

## 02

### Body scan

Move your attention from your feet up to the top of your head, noticing tension, warmth, tingling. Don't change anything, just notice. You can try to direct your breath towards the places that especially draw your attention. Feel your whole body soften.

## 03

### The 5-4-3-2-1 technique

Name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell and 1 taste. An effective way to ground yourself in moments of anxiety.

## 04

### Mindful walking and eating

As you walk, feel your feet meeting the ground and the rhythm of your steps. As you eat, notice the taste, smell and texture. Everyday activities become a practice.

*Mindfulness is not switching off your thoughts, but noticing them and gently returning to the present moment. Even 5 minutes a day makes a difference, and regularity matters more than length. Be patient with yourself: distraction is a natural part of the practice, not a mistake.*

## A short practice, 3 minutes for yourself

You can do it at any moment of the day: by a window, in the garden, before a session or when you feel tension.

### 1 · Notice

Pause and ask: what am I feeling now, what am I thinking, what is happening in my body? Don't judge, just notice.

### 2 · Breath

Bring all your attention to six calm breaths. This is your anchor in the present moment.

### 3 · Expand

Widen your attention to your whole body and surroundings. Return to your day with a little more calm.

#### MINDFULNESS SUPPORTS YOU WHEN THERE IS...

anxiety

racing thoughts

craving or temptation

a strong emotion

trouble sleeping

irritability

a sense of overwhelm



Educational leaflet · 02

## Breathing techniques

The breath is the simplest tool for regulating the nervous system, and you always have it with you. A longer out-breath calms body and mind, lowers tension and helps you move through difficult emotions and cravings. Choose the technique that serves you best.



### Box breathing (4-4-4-4)

Breathe in for 4 sec., hold for 4 sec., breathe out for 4 sec., hold for 4 sec. Repeat 4 to 6 times. Great for quickly calming down and focusing.



### 4-7-8 breathing

Breathe in through the nose for 4 seconds, hold for 7, breathe out slowly through the mouth for 8. Calming before sleep and in moments of strong tension.



### Diaphragmatic breathing

Place a hand on your belly. Breathe in so that the belly rises, not the chest, then breathe out slowly. It activates the body's relaxation response.



### Extended out-breath

Breathe in for 4, out for 6 to 8. A longer out-breath alone is naturally calming. Simple and discreet in any situation.

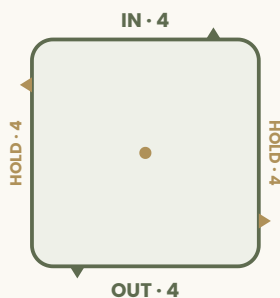


### Calming breath

When tense or with racing thoughts: take a deep breath in through the nose, add one more short in-breath, then a long, slow out-breath through the mouth. Repeat 2 to 3 times and notice your body soften. Popularised by prof. Andrew Huberman.

*When a craving, a strong emotion or anxiety arises, pause and take 6 calm breaths before you react. It is a short moment that gives you a choice. Breathe through your nose, shoulders relaxed, and direct your attention to a calm, long out-breath.*

### Box breathing, a helpful diagram



Imagine drawing a square with your breath. Each side lasts 4 seconds: breathe in going up, hold going right, breathe out going down, hold going left. Repeat 4 to 6 full loops. Choose a pace that feels comfortable; over time you can extend it to 5 or 6 seconds per side.

#### WHICH BREATH, WHEN?

##### For tension

Box breathing (4-4-4-4), quickly restores focus and calm.

##### Before sleep

4-7-8 breathing, calms the body and helps you fall asleep.

##### Every day

Diaphragmatic breathing, builds a lasting habit of calm breathing.





Educational leaflet · 03

## Feelings and needs in NVC

Nonviolent Communication (NVC) teaches that behind every feeling there is a need. Pleasant feelings tell us that our needs are met, and difficult ones that some need is waiting for attention. Naming the feeling and the need is the first step to caring for yourself.

### Feelings when needs are met

carefree bliss curiosity warmth tenderness pride  
excitement ecstasy energy enthusiasm euphoria  
fascination eagerness gentleness hope dazzlement  
openness liveliness self-confidence a sense of safety  
encouragement exhilaration peace solace being moved  
radiance friendliness pleasure joy amusement delight  
relaxation freshness satisfaction warmheartedness  
fulfilment calm ease boldness care relief elation  
rapture gratitude cheerfulness sensitivity compassion  
stillness anticipation comfort effusiveness absorption  
engagement awe contentment astonishment inspiration  
interest intrigue surprise trust amazement kindness  
exuberance

### Feelings when needs are not met

apathy helplessness powerlessness timidity pain  
coldness unsteadiness suffering desperation disorientation  
discomfort distance frustration fury wrath dread  
irritation consternation dismissiveness fear glumness  
melancholy vengeance reluctance disbelief uncertainty  
unease distaste instability misery boredom  
apprehension indifference disgust indignation detachment  
revulsion numbness intimidation loneliness stupefaction  
listlessness wariness torpor panic a sense of being wronged  
suspicion meanness edginess annoyance contempt  
defeat terror dejection downheartedness despondency  
overwhelm emptiness disappointment irritability bitterness  
being incensed distractedness despair being shaken  
aloneness scepticism self-consciousness remorse sadness  
fluster tension being startled fright distress stress  
frenzy shock longing torment humiliation resentment  
vulnerability hostility loathing being stunned shame  
rage exhaustion being thrown off balance agitation  
feeling lost discomfiture breakdown withdrawal concern  
alarm envy letdown jealousy embarrassment  
being appalled displeasure disheartenment a broken heart  
anger worry tiredness confusion discouragement  
impatience weariness hurt grumpiness doubt regret  
mourning sorrow

### The four steps of nonviolent communication

#### 1 · Observation

Describe the facts without judgement or interpretation, what exactly happened.

#### 2 · Feeling

Name what you feel in relation to this situation.

#### 3 · Need

Recognise the need that lies beneath this feeling.

#### 4 · Request

Express a specific, doable request to yourself or to others.

**Example:** "When I was left alone in my room (observation), I felt anxious (feeling), because I need connection and support (need). I would be glad to talk with someone from the group at dinner (request)."

#### Notice the feeling

Pause and name what you feel right now, without judging.

#### Discover the need

Ask: what need lies beneath this feeling?

#### Tend to it

Think of a small step or request that will care for that need.

Adapted from 'Nonviolent Communication' by M.B. Rosenberg and the work of Sarah Peyton.





Educational leaflet · 03b

# A list of needs

Behind every feeling there is a need. The groups below help you name what your body, heart and mind are asking for.

## PHYSICAL NEEDS · CARING FOR THE BODY AND PHYSICAL STRENGTH

physical safety touch rest air food movement  
shelter water expressing your sexuality

## AUTONOMY

independence space spontaneity freedom choice

## JOY OF LIFE

physical wellbeing emotional wellbeing humour inspiration  
comfort ease hope simplicity adventure variety  
stimulation coziness play

## CONNECTION WITH YOURSELF · INTEGRITY

authenticity self-expression integrity clarity  
unity and wholeness competence creativity  
mourning unmet needs achievement self-worth privacy  
growth self-acceptance self-development meaning  
agency coherence stimulation and excitement self-respect  
awareness celebrating met needs learning  
having an impact challenge trust

## CONNECTION WITH THE WORLD · SPIRITUAL COMMUNITY

harmony contact with nature inspiration peace beauty  
order and orderliness

## CONNECTION WITH OTHERS · INTERDEPENDENCE

acceptance emotional safety closeness being known  
being seen being taken into account mattering warmth  
sharing empathy feedback intimacy connection  
love reassurance belonging  
contributing to the enrichment of life equal opportunity respect  
honesty companionship bonds support shared reality  
community interdependence trust  
understanding and being understood

*Adapted from 'Nonviolent Communication' by M.B. Rosenberg and the work of Sarah Peyton.*



Educational leaflet · 04

# The emotion wheel

Emotions have different shades and intensities. The centre of the wheel holds eight basic emotions, and the rings show their stronger (closer to the centre) and milder (further out) forms. The more precisely you name what you feel, the easier it is to care for that emotion.



## Why name emotions?

Simply naming an emotion reduces its intensity and gives you some distance and a sense of control.

## How to use the wheel

- › start from the centre: which of the 8 emotions do you feel most strongly?
- › move to the ring that matches the intensity
- › ask what need lies behind the emotion

## Every emotion carries information

There are no "bad" emotions. Anger speaks of a boundary, fear of a threat, sadness of a loss, joy of what matters.

## NAMING EMOTIONS: WHEN ONE IS VERY STRONG, FOUR STEPS

### S · Stop

Stop before you react. You don't have to do anything straight away.

### B · Breathe

Take a few calm, long out-breaths to settle the body.

### N · Name

Find the word on the wheel that best describes what you feel.

### T · Tend

Ask about the need beneath the emotion and take one small, good step.



Educational leaflet · 05

# The Twelve Steps

The Twelve Step programme is a spiritual path of recovery developed in the fellowship of Alcoholics Anonymous, used in other addictions too. It is an invitation to gradual change, step by step, at your own pace.

- 1 We admitted we were powerless over our addiction — that our lives had become unmanageable.
- 2 Came to believe that a Power greater than ourselves could restore us to sanity.
- 3 Made a decision to turn our will and our lives over to the care of God, as we understood Him.
- 4 Made a searching and fearless moral inventory of ourselves.
- 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6 Were entirely ready to have God remove all these defects of character.
- 7 Humbly asked Him to remove our shortcomings.
- 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10 Continued to take personal inventory, and when we were wrong promptly admitted it.
- 11 Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others still suffering, and to practise these principles in all our affairs.

*The Steps are worded differently across various fellowships, and for many people a "Power greater than ourselves" means their own understanding of spirituality. At the centre we work with them at a pace suited to each Participant. You are not alone in this.*

## THREE ATTITUDES THAT OPEN THE WAY

### Honesty

Honesty with yourself and others, the beginning of any real change.

### Openness

A readiness to see yourself differently and to accept help.

### Willingness

A willingness to act, day by day, step by step, at your own pace.

## THE SERENITY PRAYER

God, grant me the serenity  
to accept the things  
I cannot change;  
the courage to change  
the things I can;  
and the wisdom to know  
the difference.

*Attributed to Reinhold Niebuhr, long used by Twelve-Step fellowships. Address your Higher Power in whatever way you understand it.*



Educational leaflet · 06

## Six steps towards forgiveness

Inspired by Colin Tipping's method. Forgiveness does not mean denying the harm or excusing it. It is a process that can help you regain inner freedom and turn your attention towards the future. Forgiveness is a decision, and you can forgive others as well as yourself.

- 1 Pause.** Notice a situation that still stirs emotions in you.
- 2 Acknowledge what you feel.** Name your emotions and allow yourself to experience them.
- 3 Accept your story.** Recognise that what happened is part of your experience, but it does not have to define your future.
- 4 Look wider.** Look for a new perspective, without dismissing your own feelings or excusing the harm.
- 5 Reclaim your agency.** Consider what you can do today to care for yourself and your life.
- 6 Choose freedom.** Decide what you want to carry forward, and what you can gradually leave behind.

*Forgiveness happens at your own pace. You don't have to force anything; it is enough to take the next small step. You can always return to this process with a therapist or psychologist.*