Embodied Awareness - A Tool for Resilience

Suggested Use:

- Use this as a daily (or more) practice
- Identify & claim feelings and thoughts,
- Can be done with another or by writing it down
- A way of giving yourself space for your needs (i.e. permission, boundaries, self-compassion)

Overview

Life usually comes with a mix of great challenges and deep fulfillment. During times of change, particularly when we haven't chosen it, we can feel truly out of sync with ourselves and the world around is. Could be relocation, loss of relationship, health or occupation or perhaps a loss of your typical routine. These worksheets are meant to provide guidance, in these times or when you're feeling stressed.

To start, our main objective is to bring awareness to what is happening, without judgement. Become curious rather than self-judgemental, knowing that the self-critical thoughts are part of the brain's typical stress response.

Invitations

- You may do these practices anytime, even if it's not quiet, dark, or ideal;
- You may choose to keep your eyes open, connecting internal & external;
- Practice this several times a day;
- Pairing practices with a daily activity like washing your hands, seeing yourself in the mirror, can help remind you.
- These practices are meant to be available by doing them as a stand-alone practice, in small bites or by bringing attention to self during other tasks.

Exercise – Shifting Attention:

Step 1

- Take a moment to notice your breath, bringing your attention to the present moment.
- Turn your attention inwards and through your body. What can help is noticing the ground beneath your feet, the air passing through your nose, or listening for sounds around you.

Step 2

Next, go through these five channels of awareness, much like radio stations with different genres, go through each channel and notice what's 'playing'. It can be as long or as brief as you would like, focusing on one channel at a time.

- **Relational Awareness**
  (your relationship to people/things in the room/situation)
  What do you notice around you?
  Who is around? What is around?
  What objects are you gravitating towards (or away from)?
  In this moment, what do you know about your relationships?

- **Emotions**
  (your mood, feelings of care, fear, etc.)
  What is your general mood?

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How do you sense your mood?
What are all the feelings you are noticing?
What is the intensity of emotion you're feeling?

- **Language and Thought**
  (your memories, thoughts, inner critic, etc.)
  What memories are coming up for you?
  What is the quality of your thoughts?
  How fast are your thoughts? What is their intensity?
  What phrases are you repeating?

- **Internal Sensations**
  (hot/cold, pressure, pain/numbness, energy movement, etc.)
  Where do you feel tension?
  What is at ease?
  Where do you not feel anything/numb?
  Where in your body do you find most of your energy?

- **External Perceptions**
  (your 5 senses)
  What do you hear easily?
  What do you taste?
  What do you notice you touch a lot/do with your hands?
  What smells are draw you in?
  What comes into focus with your eyes?

Step 3
From these channels, start to see if there are any patterns or themes. Do your best not to judge yourself (i.e. I shouldn't feel… or should be better…); instead cultivate self-compassion.

Ask yourself, what are my…
- …habits of 'doing' right now (actions, activities, behaviour, what you say)?
- …habits on 'being' right now (quality of your feelings, thoughts & embodiment)?

Curious Self-Inquiry Questions:

How do I feel?
- What am I resisting?
- What am I fearing?
- What am I grieving?
- Who am I being right now?
- Where do I feel stuck?
- What is the quality of emotion?
- What is important to me?

What do I need?
- What would comfort me?
- What self-care look like?
- What would I tell a friend if they were experiencing this?
- What permission will I give myself?
- What do I need to let go?
- What commitment will I make?

Step 4
Identify the most important thing you're taking away from this practice.