



## Grounding



Listening and connecting to our bodies by identifying where we are, the sensations in our body, and how our body reacts to stress.

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# 03 Body Awareness

## B

- Goal= get to know sensations
- Paying attention to different parts, gradually, top to bottom.
- Scanning brings awareness to every part and sensation
- You can identify the points of your body causing you tension

## Guided Imagery

- Get in a comfortable position and begin to imagine a peaceful place or experience, such as your favorite place in nature
- Concentrate on a specific object, sound or experience in your mind such as how it feels, what it sounds like, and what it looks like
- Tip: guided imagery videos can also be found on Youtube