**Body Awareness: Paying Attention to Bodily Sensations for Healing and Resilience**

We are designed to function with expansion and contraction – getting stuck in intensity is the problem

Goals of accessing sensation:

* Engage the brain stem –sends message it is okay enough right now
* We do not want to normalize stress as baseline – helps to explore felt sense of little steps of okay enough
* Establish resilience pathways
* Interoception - sense of the internal state of the body
  1. Soothing interoception to regulate body and brain before stress
  2. Soothing interoception to return to regulated body and brain after stress
  3. Soothing interoception to decrease dysregulation during stress

Neuroception - how our nervous system unconsciously feels or senses our environment.

Take in information that staying in a stress response is *not* our baseline – noticing the downshift supports the downshift

* Sight
* Sound
* Sensation\
* Grounding

Ports of entry to the body:

* Breathing with awareness
* Seeing and Sensing – the *and/also* practice –
  + our stress brain hyperfocuses on what is *not* okay
  + Strive to also take in some of the things are *more* okay
* Imagery - bring in positive images to balance things out; create a positive ending
* Movement

**Resources**:

The Mind-Body Stress Reset: Somatic Practices to Reduce Overwhelm and Increase Well-Being - Book by Rebekkah LaDyne

Waking the Tiger: Healing Trauma - Book by Peter A. Levine

Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body - Book by Peter A. Levine