

# TOES TO NOSE

## A MINDFULNESS PRACTICE



Mindfulness means using your body to ground you. You can use this tool when you feel yucky, nervous, are having trouble sleeping or when other strategies aren't working.

### STEP 1: HOW ARE YOUR TOES?

Bring your attention to your toes. Notice your left toes, then your right. Lightly bring your attention to each toe, one at a time. How are they? Does anything hurt? Then go up to your foot. How is it feeling? Your ankles? If anything hurts or feels tight, thank it for all its hard work and keep moving on up your body. If you are trying to fall asleep, say good night to each body part as you notice it.



### STEP 2: HOW ARE YOUR LEGS?

How are your calves feeling? Are they fidgety? tingly? numb? Notice if they ache and thank them. Keep moving up to your knees. How are your knees? If your knees hurt, thank them for all their hard work carrying you around and move on. Move up. How are your thighs? Your hips? Does anything hurt? If so, notice it lightly and move on.



### STEP 3: CHECK IN WITH YOUR BELLY, CHEST & THEN YOUR ARMS

Check in with your belly. How does it feel? Is it tight? Or achy? Are you hungry? Move up to your chest. How does it feel? Are you breathing easily? How is your heart? Place your hand on your heart and feel it beating. Do you notice any tightness or heaviness? Thank your heart for all its hard work.

Breathe deeply. Notice your breath moving in and out. Thank your lungs for all the work they do. Notice how they know just what to do with the air you breathe.

Move on to your fingers, hands and up your arms to your shoulders.

### STEP 4: MOVE UP TO YOUR NECK AND YOUR HEAD

Check in with your neck. Is it tight? Does it hurt? Thank it for holding your head on so well. Move up to your jaw. Are you clenching it? Are your teeth sore? How is your nose? Your eyes? Are they tired? Heavy? What about your forehead? Your ears? Just notice, lightly, if anything is bothering you and thank each part of your body for all its hard work.

