

# Intero



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# CEPTION

**INTEROCEPTION IS SENSING  
YOUR BODY'S INTERNAL STATE**

It is how you perceive and interpret signals coming from inside you, such as heartbeat, breathing, body temperature, hunger, and thirst.

This is crucial for optimizing wellness, strengthening resiliency, and feeling confident to face the day's challenges.



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## SELF- REGULATION

**SELF-REGULATION IS INTEGRAL TO MANAGING OUR EMOTIONS AND MAINTAINING A SENSE OF BALANCE AND WELL-BEING. IT IS A MULTIFACETED PROCESS THAT GOES BEYOND SIMPLY CONTROLLING OUR FEELINGS.**

Instead, it involves developing and utilizing various effective strategies to regulate our nervous system and foster emotional resilience.



One key strategy in self-regulation is the ability to relax our muscles and release accumulated stress. By consciously engaging in relaxation techniques such as deep breathing, progressive muscle relaxation, or mindfulness exercises, we can effectively reduce tension and promote a state of calmness within our bodies.

Another important aspect of self-regulation is calming our thoughts to avoid triggering a threat response. This involves recognizing and challenging negative thought patterns or cognitive distortions that may contribute to heightened emotional arousal. By practicing techniques like cognitive reframing or thought-stopping, we can reframe our thoughts more realistically and positively, promoting emotional regulation.

Moreover, self-regulation encompasses the act of assigning names or identifying troubling emotions.

By developing emotional intelligence, we can enhance our ability to recognize and label our emotions accurately. This self-awareness allows us better to understand the underlying causes of our emotional states and take appropriate actions to address them.

Creating a safe and supportive environment is also crucial in the self-regulation process. This involves cultivating a space to openly and authentically experience and process our emotions without judgment or fear. This safe space enables us to navigate through our emotions, better understand ourselves, and ultimately find resolution and growth.

Furthermore, self-regulation entails pausing our immediate reactions and taking the time to differentiate between real danger and perceived threats. This mindful approach allows us to respond to situations more thoughtfully and rationally rather than reacting impulsively based on our initial emotional response.

It is important to remember that self-regulation is not a one-time event but an ongoing practice. By continuously honing these skills and utilizing them in our daily lives, we can effectively navigate our emotions, enhance our overall well-being, and cultivate greater harmony within ourselves.





# SELF-CARE

When thinking about self-care, most people limit their ideas to getting more sleep, improving their diet, having more leisure time, and treating themselves to occasional massages. While these ideas are essential, practicing self-care involves much more. Self-care means understanding your needs and making an effort to address them.

To develop effective self-care strategies, it is vital to consider six significant aspects of life: physical well-being, emotional balance, behavioral patterns, social connections, occupational fulfillment, and spiritual nourishment.

Physical well-being includes taking care of your body through regular exercise, nourishing foods, and adequate rest. It also involves paying attention to any physical ailments or discomforts and seeking appropriate medical care.

Emotional balance involves identifying and managing your

emotions healthily. This can include journaling, practicing mindfulness, seeking therapy or counseling, and engaging in activities that bring you joy and relaxation.

Behavioral patterns refer to the habits and routines that shape your daily life. Cultivating healthy habits and making choices that align with your values and goals is essential. This can include setting boundaries, practicing time management, and engaging in activities that promote personal growth.

Social connections are an essential aspect of self-care. Building and nurturing positive relationships with others can provide support, companionship, and a sense of belonging. This can involve spending quality time with loved ones, joining community groups or clubs, and seeking social help when needed.

Occupational fulfillment involves finding meaning and satisfaction in your work or chosen profession.

Engaging in work that aligns with your interests, values, and strengths is essential. This can include seeking professional development opportunities, setting career goals, and creating a healthy work-life balance.

Spiritual nourishment encompasses your beliefs, values, and connection to something greater than yourself. This can include engaging in religious or spiritual practices, exploring personal values and ideas, and finding purpose and meaning in life.

By addressing these six aspects of life, you can develop a holistic approach to self-care that promotes overall well-being and fulfillment. It is essential to recognize that self-care is an ongoing process that may require adjustments and adaptations. Prioritizing self-care and making it a regular part of your routine can positively impact your physical health, emotional well-being, and overall quality of life.



# SELF-ACCEPTANCE



Self-acceptance is an essential process that involves accepting and embracing our current selves and who we are becoming. It is about acknowledging our strengths and weaknesses and understanding that we constantly evolve and grow. By practicing self-acceptance, we can cultivate a deep sense of self-worth and develop a positive mindset towards ourselves and our lives.

Self-acceptance allows us to let go of unrealistic expectations and comparisons to others. It helps us embrace our unique journey and progress rather than constantly striving to meet the standards set by society or others. When we accept ourselves for who we are, we can focus on our growth and development without being

burdened by the pressure to fit into a mold that doesn't align with our true selves.

Moreover, self-acceptance is not about denying or ignoring areas for improvement. It is about acknowledging our imperfections and recognizing that they are a natural part of being human. Instead of judging ourselves harshly for our flaws, self-acceptance encourages us to embrace and learn from them. It allows us to approach personal growth with kindness and compassion rather than self-criticism and negativity.

Practicing self-acceptance also enables us to cultivate authenticity in our lives. Accepting ourselves fully can show up as our true selves in all

aspects of our lives. We no longer need to wear masks or pretend to be someone we're not. This authenticity enhances our relationships with others and allows us to live a more fulfilling and meaningful life.

In summary, self-acceptance is a powerful tool for personal growth and well-being. It involves accepting and embracing our true selves, including our strengths, weaknesses, and imperfections. By practicing self-acceptance, we can develop a deep sense of self-worth, let go of unrealistic expectations, and cultivate authenticity in our lives. It is a journey that requires patience, kindness, and a commitment to loving ourselves unconditionally.





# Intero CEPTION

THE EFFECTS OF TRAUMA, TOXIC STRESS, OR A HISTORY OF EARLY CHILDHOOD ADVERSITY CAN BE OVERWHELMING AND CAN HAVE A LONG-LASTING IMPACT ON YOUR WELL-BEING.

Are you ready to begin your transformation? Book your free 30-minute consultation with Dr. Logan today.





# SOCIAL CONNECTION

In today's fast-paced and often disconnected world, the importance of social connections cannot be overstated. It is not just about having an extensive network of friends or acquaintances but rather about cultivating meaningful and deep relationships that are safe, stable, and secure.

When discussing safe connections, we refer to relationships where we feel physically and emotionally safe. This means expressing ourselves authentically without fear of judgment or rejection. Secure connections provide a sense of psychological safety, enabling us to be vulnerable and openly share our thoughts, feelings, and experiences.

Stable connections are those that endure over time. They are built on trust, reliability, and consistency. These relationships provide stability and predictability, giving us a solid foundation to develop and grow.

Stable connections give us the confidence to take risks, knowing that we have a support system that will be there for us, no matter what.

Secure connections go beyond safety and stability. They involve a deep sense of trust and emotional intimacy. In secure connections, we feel seen, heard, and understood. We can rely on these relationships to provide comfort, reassurance, and a sense of belonging. Secure connections foster a sense of emotional well-being and enable us to thrive in all areas of our lives.

Through these safe, stable, and secure connections, we find a sense of belonging and meaning. They provide us with a support network that can help us navigate the challenges and uncertainties of life. Research has shown that strong social connections are associated with lower stress and anxiety levels,

improved mental health, and even increased longevity.

In a world where technology often dominates our interactions, it is crucial to prioritize and invest in our social connections. This means making time for meaningful conversations, engaging in activities that foster connection, and being present and attentive when interacting with others. It also means being open to forming new relationships and reaching out to others needing support.

In conclusion, social connections that are safe, stable, and secure are not just meaningful but imperative for human development and reducing stress in our lives. They provide us with a sense of belonging, support, and understanding essential for our well-being. So, let us nurture and cherish these connections, for they are the foundation of a happy and fulfilling





# SOMATIC ATTUNEMENT

Somatic attunement is a practice that involves paying close attention to and actively cultivating your awareness of various aspects of your body. It is a holistic approach encompassing multiple elements, such as personal space, body agency, body scheme, praxis, saccadic eye movements, motor initiation, motor imitation, and positive body image.

By engaging in somatic attunement, you can better understand your physicality and foster a stronger connection with your body. This practice promotes a sense of presence and embodiment, allowing you to fully experience and appreciate your body's different sensations, movements, and capabilities.

One aspect of somatic attunement is the awareness of personal space, which involves recognizing and respecting the boundaries of your body in relation to others. This awareness helps you navigate social interactions and maintain a sense of comfort and safety in your physical environment.

Body agency is the ability to initiate and control movements, allowing you to engage with the world around you actively. You can enhance your motor initiation through somatic attunement, which involves starting activities with intention and purpose. Additionally, you can improve your motor imitation, which is the ability to observe and replicate movements performed by others.

Body scheme refers to your internal representation of your body and its parts. Somatic attunement helps you develop a more accurate and nuanced body scheme, enabling you to understand better your body's structure, proportions, and capabilities. This understanding can positively impact your coordination, balance, and physical performance.

Praxis is another crucial aspect of somatic attunement. It involves planning, executing, and adapting movements in different contexts. By honing your praxis through somatic attunement, you can improve your motor planning, sequencing, and problem-solving skills, enhancing

your efficiency and effectiveness in various physical activities.

Saccadic eye movements are rapid, involuntary eye movements that are crucial in visual perception and attention. Somatic attunement can help you develop smoother and more coordinated saccadic eye movements, enhancing visual tracking, scanning, and focus.

Finally, somatic attunement promotes a positive body image by fostering self-acceptance, self-compassion, and appreciation for the uniqueness of your body. By cultivating a more positive and loving relationship with your body, you can experience greater self-confidence and overall well-being.

In summary, somatic attunement is a multifaceted practice encompassing various body awareness and connection elements. Engaging in this practice can deepen your understanding of your physicality, enhance your overall well-being, and cultivate a more harmonious relationship with your body.



# SUPRA ACTIVITIES

Supra activities encompass diverse cognitive skills and abilities that contribute to overall cognitive functioning. These activities include, but are not limited to, language development, flexibility of thought, cognitive memory, learning, intuition, decision-making, time perception, attention, and safety awareness.

Language development is a fundamental supra activity enabling us to communicate effectively. It involves acquiring and using language skills, such as speaking, listening, reading, and writing. By continuously practicing and improving our language abilities, we can enhance our communication skills and express our thoughts and ideas more clearly.

Flexibility of thought is another important supra activity that allows us to adapt and respond to different situations and challenges. It involves being open-minded, considering multiple perspectives, and being able to switch between different ways of thinking. This skill enables us to think creatively, solve problems, and make informed decisions based on various factors.

Cognitive memory is the supra activity that involves the ability to acquire, store, and retrieve information. It plays a crucial role in learning and knowledge retention. Improving our cognitive memory can enhance our ability to learn new things, remember important information, and apply our

knowledge effectively in different contexts.

Learning is a continuous supra activity that involves acquiring new knowledge, skills, and experiences. It allows us to expand our understanding of the world and adapt to new environments. By engaging in lifelong learning, we can stay intellectually stimulated, broaden our horizons, and keep our cognitive abilities sharp.

Intuition is an innate supra activity involving the ability to understand or know something instinctively without needing conscious reasoning. It is often described as a "gut feeling" or a sense of knowing without being able to explain why. By trusting and honing our intuition, we can make quick and accurate decisions, mainly when time is limited or information is incomplete.

Decision-making is a complex supra activity that involves evaluating options, considering consequences, and making choices based on our values, goals, and available information. It requires critical thinking, problem-solving, and weighing different factors. By improving our decision-making skills, we can make more informed and effective choices in various aspects of our lives.

Time perception is the supra activity that involves the perception and understanding of the passage of time. It allows us to plan, prioritize,

and manage our time effectively. By developing a better sense of time, we can avoid procrastination, meet deadlines, and make the most of our time.

Attention is a crucial supra activity that involves the ability to focus and concentrate on a particular task or stimulus. It allows us to filter out distractions, maintain concentration, and process information effectively. Improving our attention skills can enhance our productivity, learning, and overall cognitive performance.

Safety awareness is a supra activity that involves being attentive to potential risks, hazards, and dangers in our environment. It includes being aware of our surroundings, following safety protocols, and taking necessary precautions to ensure our well-being. By cultivating safety awareness, we can protect ourselves and others from harm.

Engaging in supra activities is beneficial for our cognitive performance and overall well-being. We can enhance and refine these cognitive skills by actively participating in activities involving language development, flexibility of thought, cognitive memory, learning, intuition, decision-making, time perception, attention, and safety awareness. This, in turn, can lead to improved cognitive functioning, better problem-solving abilities, effective communication, and overall mental well-being.



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TRAUMA, TOXIC STRESS, OR A HISTORY OF EARLY CHILDHOOD ADVERSITY OFTEN DISRUPTS THIS CONNECTION, LEADING TO A DISSOCIATION FROM YOUR BODY AND EMOTIONS.

## REFRAME THE PERSON YOU WERE TO REWRITE THE PERSON YOU ARE BECOMING



Dr. Roderick Logan is a certified trauma and resiliency life coach.

- Discover how to practice bodyfulness and mindfulness with self-compassion
- Develop a comprehensive plan for self-care
- Determine your path for restoring a mastery over your body, emotions, and thinking

Schedule a free 30-minute consultation today and begin your guided journey towards wellness and wholeness.

