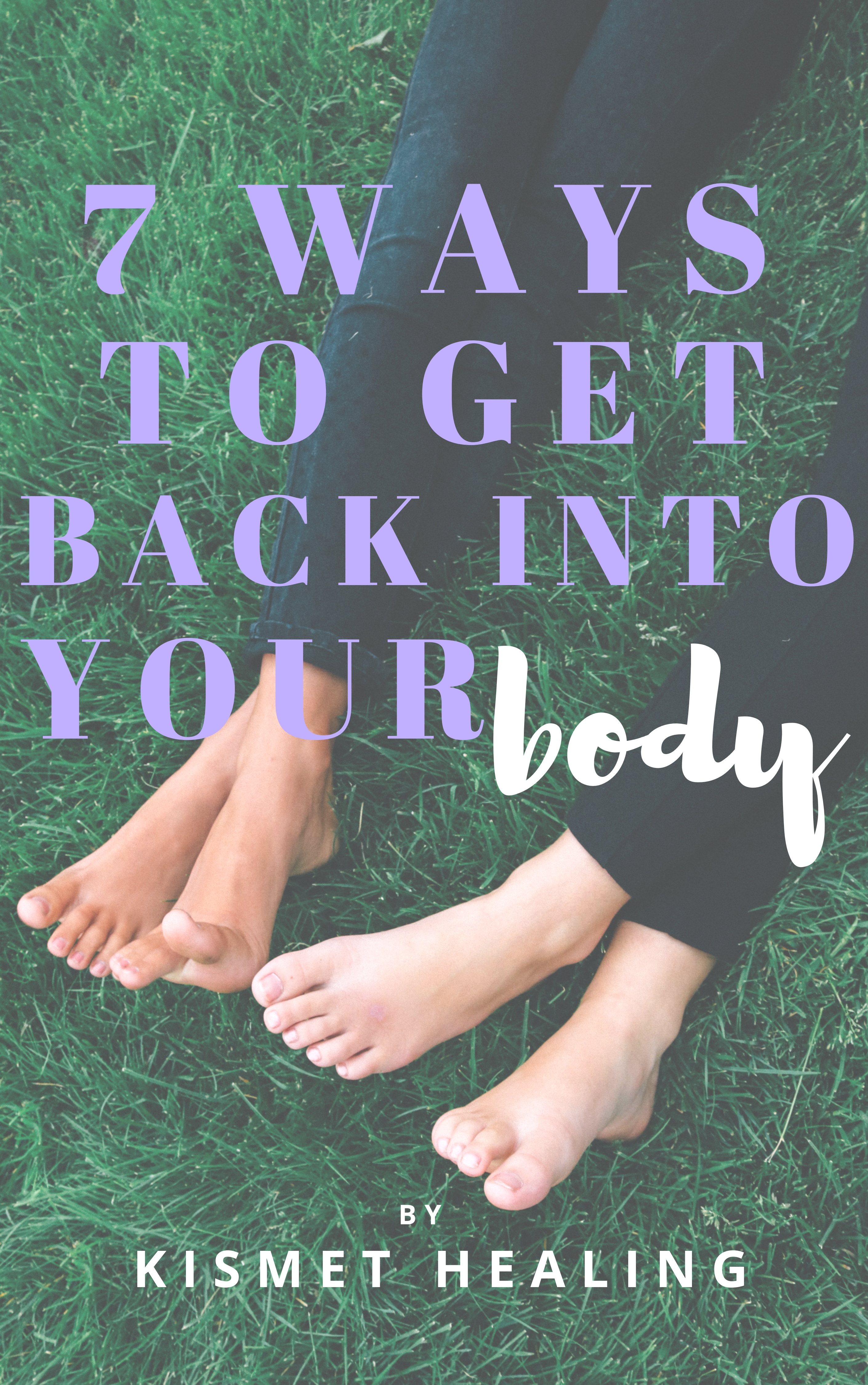




7 WAYS TO GET BACK INTO YOUR *body*

BY

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Our connection to our bodies is of the utmost importance...

Many of us spend far too much time being energetically outside of our bodies. This is partly due to wanting to protect our essence. This is typically learned during childhood as a survival skill to protect ourselves from perceived danger or highly emotional situations.

When we are in our heads, we leave our bodies. Too focused on the constant chatter in the mind we can't be present in our bodies. When we focus our attention on past and/or future events vs the present moment, we also leave our bodies.

We are here for a physical experience. We are spiritual beings having a physical experience. Being an active participant on this earth is so much richer when we engage all of our senses and embody these bodies of ours...



So, here are 7 ideas I have found useful to return to my body...

1. BODY SCAN

Being present in your body is not as complicated as it may sound.

Being intentional about being present in your body can be as simple as noticing the way your body feels sitting in a chair. Doing a body scan encourages you to notice your whole body, one part at a time to become fully connected.

Here's how:

1. As you sit notice how stiff or soft the chair beneath you is

2. Starting with your toes and moving up to your forehead, notice each limb. What feels stiff? What aches? What feels light or heavy? Just notice.

3. Take a moment to notice each limb, linger there to give it your full attention.

4. Whatever you are feeling is completely okay, just notice it and be aware of your body.

2. BELLY BREATHING

Belly breathing helps you to refocus on your breath and slow down your movements.

This is particularly helpful for moments of anxiety and stress. Here's how you can practice belly breathing:

1. Take a deep inhale through your nose, allowing your belly to expand.
2. Pause at the top of the inhale.
3. slowly exhale while belly contracts and softens.
4. Repeat.

Your attention should be fully on your breath, the way it feels to inhale and exhale, feeling your muscles soften.

3. MOVEMENT

There are lots of ways to move your body: dance, yoga, running, exercise, swimming, walking, etc.

Moving your body keeps you connected to yourself as you notice how your various body parts are moving.

Movement is also grounding for the body which keeps us connected.

My personal favorite form of movements is dance:

1. Turn on your favorite tunes, loud
2. Step out of your head and let the music guide your body
3. Continue to move for 5-10 minutes. Whatever you can spare
4. Repeat as many times a day as possible

If dancing is too intimidating, try standing up straight, feet firmly planted in the floor. Bend your knees up and down, let your arms swing, nod your head. Movement can be as simple as you need it to be.

4. ME TIME

Taking care of ourselves is so important. One way to relax and get back in touch with our bodies is to take a warm bath.

1. Draw a warm bath with epsom salts, essential oils, bath bombs, etc
2. Turn down the lights
3. Light your favorite candles
4. Play some soft music
5. Close your eyes (if comfortable) and allow yourself to feel the lightness of your body in the water. Notice how the water feels on your skin.

5. INTENTIONAL TOUCH

Non sexual touch can be a powerful tool to connect us to our bodies. This can be practiced by simply applying lotion to our bodies.

By moisturizing your body from your legs to your face, be present in that task. Notice the coldness of the lotion on your skin, notice how your hands feel as they cover the skin.

Even implementing a positive mantra during this task can be that much more powerful. "I am strong and present. I love myself unconditionally."

Present touch can be an quick way to get back into you body. By noticing where your body is and how it feels is a simple and powerful tool to connect back to your body, back to yourself.

6. PROGRESSIVE MUSCLE RELAXATION

This method promotes deep muscle relaxation to release anxious tension in the body. When you feel tension in your shoulders, jaw, back, neck, wherever, this is a simple exercise you can use to relax your muscles.

Start with your toes and move your way up the body (legs, hands, arms, shoulders, nose, eyes, forehead) following these steps:

1. Tighten the muscles
2. Hold for 5 seconds
3. Release
4. Repeat with the next muscle group
5. Repeat entire process 2-3 more times for extra relaxation.

7. BREATHE

Perhaps the simplest but most difficult practice to remember is our breath. Deep breathing throughout the day can reset the system and connect us back to ourselves.

Several times during the day stop to take a deep breath:

1. Inhale through your nose, let your belly rise
2. Hold for a few seconds
3. Release through your mouth
4. Repeat

Again, focus solely on the breathing - noticing your belly rise and fall, muscles becoming less tense.

Incorporate one or all of these techniques into your daily practice and find yourself becoming more aware of your body and your connection to yourself. Your body wants to be felt, loved, and noticed.