

A close-up, artistic photograph of a person's feet wearing sandals. The focus is on the texture of the soles and the surrounding environment, which appears to be a wet, reflective surface. The lighting is warm and soft, creating a bokeh effect in the background. The overall mood is serene and contemplative.

Body Based Guidance for Living Your Best Life

Step 1: Tune into Your Body

"Once you start approaching your body with curiosity rather than with fear, everything shifts." - Van der Kolk

Ground yourself.

Tools:

Mindfulness - take a moment to scan your body, follow your breath, be fully present in the moment. Feel your feet on the ground, the earth filling you up with life.

Connect inwards. Close your eyes if that feels good.

Rituals - bookend your day with ritual, set intentions; observe your body and your heart; connect with your values; release heaviness or anxieties into tangible objects; journal your thoughts and feelings without censoring yourself

Your body will tell you secrets if you start to listen.

Start moving.

Authentic movement -

How does your body want to move?

Where does the breath go? Let it guide you.

What movement feels supportive? Soft and gentle? Powerful?

What do you need in this moment? What words do you want to move through?

What words help you move?

How does your movement support your relationship with yourself? How can it help support your relationship with others?

Check in.

Today, right now:

what fills you up? what depletes you?

what is one thing you can do to feel your body being supported and loved?

what is one thing you can release that makes you feel anxious or de-centered?

what can support you, today, to find balance?

Practice compassion.

What language do you use to talk
about your body?

What words do you use to describe yourself?

What strengths can you name about yourself right now?

Can you incorporate these into your daily routine?

- “Science verifies that when we cultivate compassion and mindful awareness in our lives – when we let go of judgements and attend fully to the present – we are harnessing the social circuits of the brain to enable us to transform even our relationship to ourselves.” – Siegel

Observe.

Stand in front of a mirror. As naked as you can stand.

Notice what you like about what you see.

Notice what makes you feel strong, powerful, real; what makes you feel soft, gentle, kind; notice how you want to feel.

Pay attention to all of your senses.

How do you experience your body through touch, taste, smell, sight, sound?

What sense feels the most authentic? The easiest? The most natural?

Touch the different parts of your body gently - learn what feels good, what inspires you, what makes you feel nourished?

Journal Prompts

Sit in silence for 5 minutes, notice which parts of your body feel comfy and happy. Notice areas of pleasure. Write them down.

Write a letter to your favourite part(s) of your body.

Reflect on your past relationships. Notice how your body reacts as you think and write. Record the sensations in the parts of your body.

Think of your ideal relationship: not who it is, but how it will make you feel. Consider how it will make you feel in your body and your heart, how it will make you think, how it will make you grow.

Consider how you want to feel in your body in 3 months, 6 months, a year. Write it down. Think about how it will change your relationships.