

Q2 CONNECTION TO BODY

CONNECTION

Connection to Body is the act of knowing what your body needs to be nourished in a physical and psychological sense - what it needs not only to survive but to thrive. How do we know what our body needs to maintain a balance between the physical and the psychological? Are we too attached to our thoughts and if so, how does this impact our overall sense of wellbeing? Are we ignoring our physical and biological needs – our exercise levels, our nutrition, our sleep, our rest, our connection with others? A mindful connection with our body is essential for us to maintain this balance.

MINDFULNESS EXERCISE:

1. This exercise can be done sitting on a comfortable chair with feet resting flat on the floor and hands resting on your thighs and eyes lightly closed.
2. Sit very still for the duration of the exercise, and move with awareness if it becomes necessary to adjust your position.
3. Next bring awareness to your body by firstly noticing your incoming and outgoing breath - notice the rhythm, the rise and fall of your chest and abdomen as you inhale and then exhale. There is no need to change the way you are breathing but rather just hold gentle awareness on the breath.
4. Bring your attention to your whole body: how it feels, the texture of clothing against the skin, the contours of the surface on which the body is resting, the temperature of the body and the environment. Notice these things without the desire to change, feel better or feel different.
5. Notice any parts of the body that are tingling, sore, hot or cold, heavy or light, and note any areas of the body where you don't feel any sensations at all or are hypersensitive.
6. Now focus on different parts of your body. Commence a body scan from the tip of your toes to the top of your head. Start by bringing your attention to your toes and feet, keep breathing naturally and move systematically through the body. Remember to bring your awareness back to the breath as you notice your thoughts wandering and then return to the body scan.
7. Bring your attention back into the room. Open your eyes. Give your shoulders a shrug. Raise them to your ears. Notice what parts of your body might need extra attention and make a mental or physical note to yourself to repair those parts of your body that might need extra attention.

To arrange an appointment, call AccessEAP on 1800 818 728. To access the Aboriginal and Torres Strait Islander Peoples Dedicated Support Line call us on 1800 861 085.

CONNECTION TO PLACE, BODY, CULTURE & NATURE