

Body of emotions

well-being toolkit



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Introduction

We would like to invite you to stop for a while and get a little bit deeper in what is happening now in your **body & mind & soul**. Breathe in, breathe out, relax your muscles, stand consciously on the ground. What is happening here and now? If you are more curious about other techniques, you are welcome to check the exercises below.

In our everyday lives it is easy to be **disconnected** from our body and mind, from our needs and **from what is happening inside**. Fortunately there are many ways to integrate the body and mind to **stay connected**.

The key topic there is emotions and learning about managing and **expressing** them in a healthy way. There are many options to choose from when it comes to **emotional regulation**. We would focus on self awareness.

Increasing self awareness would bring a lot of consciousness to our life. First of all taking a moment **to name what is happening** can be already beneficial to regulation.

Introduction

Another place where we can bring more awareness is in situations where stimuli make us react. If we **bring** more **attention** to **what is happening** between these two states, we can slowly teach our nervous system to respond better, instead reacting disproportionately and getting ourselves out of control.

The reaction of our nervous system is influenced by many factors, for example whether there are some **unmet needs** or **vulnerable issues** that are being **touched/contacted**.

In short: And that's why it is very helpful to understand what kind of stimuli brings us what - whether this brings us to the state of **safety** and **connection** (glimmers) or the state of **being on alert** (triggers).

Journaling

The invitation is to find a specific time, preferably every day, and with a tool of journaling reflect on your daily experiences in 4 following areas.

Body Sensations

What did you feel?

Where in the body?

What was the intensity of the body sensations?

Emotions

What emotions appeared during the day?

In what situations?

Thoughts

What thoughts appeared in those situations?

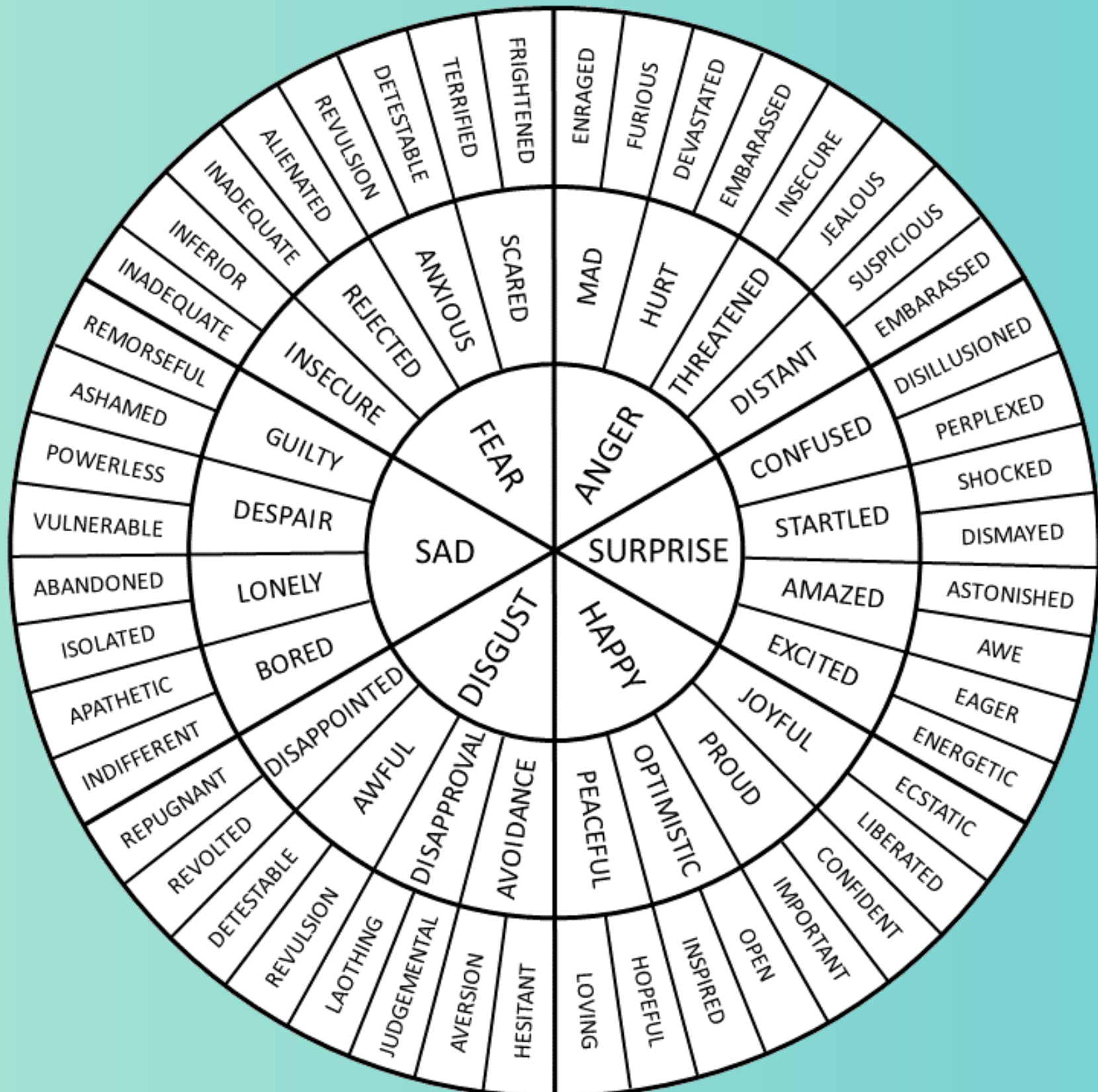
Behaviour

What did I do?

How helpful was that?

Wheel of emotions

Take some time with the wheel of emotions and think about following questions.



Wheel of emotions

Questions:

1. Which emotions are the most frequent in your daily life?
2. Which emotions do you try to avoid or suppress most?

Mark a few emotions or write them down on a piece of paper.

What shapes, colours, textures or body sensation comes to you when you think about the emotion?



Map of emotional regulation



Triggers

Think about situation where you have been triggered. Fill in the tab below answers to the oncoming questions (one row is related to one trigger).

Questions:

- 1. What situations/people triggers you?
- 2. What emotions do I feel in this situation?
- 3. What thoughts do I have related to that situation?
- 4. What sensations do I feel in my body?
- 5. What is my behaviour in that situation?

triggers	emotions	thoughts	bodily sensations	reactions