

RECONNECTING WITH YOUR *SENSES*





RECONNECTING WITH YOUR SENSES

A gentle way to begin noticing your body
again with your senses

Many people describe feeling disconnected from their body. Not because nothing is happening — but because there's a lot we've learned to tune out. In *The Signs*, Dr Tara Swart highlights that we have far more senses than we're typically taught. Your body is constantly gathering information — about safety, comfort, tension, and change. This guide isn't about doing it "right." It's simply an invitation to notice.

**You're not trying to change anything here.
You're just becoming aware of what's already present.**





SMALL WAYS TO NOTICE YOUR SENSES

Pick one (or more if you're ready!). Try it for a moment. No pressure to continue

SECTION 1: TOUCH / PHYSICAL SENSATION

Notice contact

- Where does your body meet the chair, floor, or bed?
- Can you feel pressure, warmth, or weight?

SECTION 2: SOUND

Notice sound

- What's the furthest sound you can hear?
- What's the closest?





SMALL WAYS TO NOTICE YOUR SENSES

SECTION 3: TEMPERATURE

Notice temperature

- Is the air cool or warm on your skin?
- Are different parts of your body different temperatures?

SECTION 4: BREATH

Notice breath

- Where do you feel your breath most clearly?
- Chest? Nose? Belly? (No breathing exercises — just noticing)





SMALL WAYS TO NOTICE YOUR SENSES

SECTION 5: INTERNAL SENSATION

Notice inside

- Can you sense your heartbeat?
- Hunger? Fullness? Tension?

SECTION 6: MOVEMENT

Notice movement

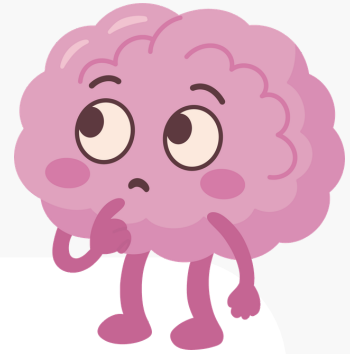
- Shift slightly.
- What changes in your body when you move?



There's no need to do all of these. One moment of noticing is enough.

WHAT DID YOU NOTICE?

What felt easiest to notice?
What was harder to feel or identify?
Did anything surprise you?
What will you take from this?



A large white rectangular area with rounded corners, containing 25 horizontal lines for writing.

*Sometimes the signal isn't loud.
Sometimes it just needs a little space to be noticed.*