

## Wellbeing for the Bush

# BODY AWARENESS TECHNIQUE

This exercise will help bring you into the present by directing your attention to various parts of your body. You may want to do this while sitting, lying down or even while walking.



### 1. Take 5 long, deep breaths.

Ensure you are taking each breath through your nose, and exhaling through your mouth with your lips puckered.

### 2. Notice your feet.

Put both feet flat on the floor and wiggle your toes. Curl and uncurl your toes several times, while paying close attention to what you are feeling in your feet.

### 3. Stomp your feet on the ground several times.

Hone in on the feelings in your feet and legs as you make contact with the ground.

### 4. Clench your hands into tight fists, then release.

Repeat this 8-10 times.

### 5. Press your palms together, first gently, then more firmly.

Hold for 15-20 seconds. Pay attention to the feeling of tension in your hands and arms.

### 6. Rub your palms together briskly.

Notice the sound and the feeling of warmth.

### 7. Reach your hands over your head like you're trying to reach the sky.

Do this for five seconds, then bring your arms down and let them relax at your sides.

### 8. Breathe again.

Take five more deep breaths and notice the feeling of calm in your body.

## Great job on taking a few moments for you.

The more you practise the easier it will become to return to this calmer state. And remember, you can practise this technique anytime and anywhere.