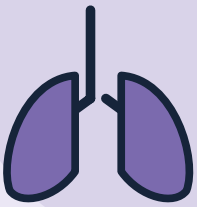
ADULTS & TEENS | ACTIVITY

Reconnecting With Your Body



WHAT THIS IS

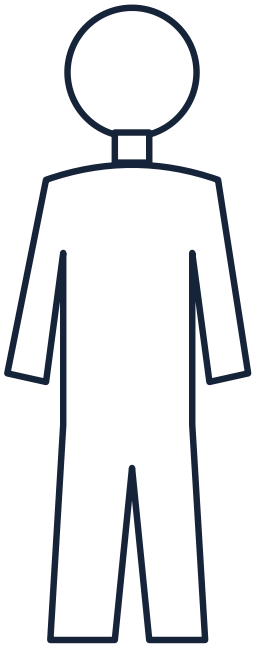
After trauma, the body can feel unsafe or numb. Gentle, choice-based practices can rebuild trust with your body, a little at a time.

HOW TO USE IT

1. Choose one practice and a comfortable length.
2. Notice sensations without judging.
3. Stop whenever you want. You are in charge.

EXAMPLE

"I noticed my hands were warm. It was the first calm sensation I felt all week."



Mark areas that feel okay (✓), neutral (○), or uncomfortable (×).

1 Feel your feet
Press them down; notice weight and temperature.

2 Notice your hands
Rub palms together. Feel warmth and texture.

3 Follow your breath
Without changing it, notice where it moves.

4 Orient
Slowly look around and name what feels safe.

5 Gentle movement
Stretch, sway, or walk slowly.

A part of my body that feels okay

_____

_____

What I noticed after practicing

_____

_____

Go at your own pace. Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.