

# Body Awareness

PERCEPTION BOX™ TOOLS

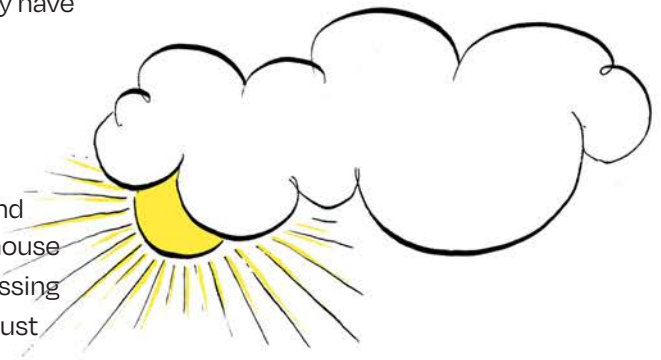
## What is it?

Body Awareness means consciously putting attention on the physical sensations in your body. It's the second of two tools you can use anytime you're stressed, triggered, or otherwise overwhelmed. You may be thinking, "What does my body have to do with anything?" Well, get ready!

**If you want to gain AGENCY in your life,  
you have to go to the body!**

## The Science

The body is aware of stressors waaaaay before you are. Your lack of body awareness is what causes you to do and say things you sometimes regret. The body is the storehouse for the unconscious mind. Only **5%\*** of your daily processing is conscious. **95%** you aren't even conscious of, you're just operating on autopilot!



## Try it!

Close your eyes or soften your gaze. Gently put your attention on your feet. Notice the sensations there. Don't ask why—just notice. Let your awareness rise up your legs into your hips, your belly, your back, and chest. Move up into your neck, noticing the sensations in your face, the top of your head, the back of your head.

Where are sensations most intense or uncomfortable? Notice if that area has a temperature. A texture. An emotional tone. Now take a deep breath into that space and let your awareness move away. Scan your body again, this time pausing on an area that feels more open or pleasant. Notice if that area has a temperature. A texture. An emotional tone. Now take a deep breath into that space and as you exhale, see if you can expand that pleasant area to cover more ground in your body. Do that 3x.

## Reflections

Note that both of these areas - less pleasant and more pleasant - exist in the body at the same time. It's just a matter of where you put your attention.

