

attuned presence counselling



TAKE ONE STEP AT A TIME

MEDITATE

PRACTICE SELF CARE

GO SLOWER

BE EASY ON YOURSELF

BREATHE CONSCIOUSLY

INTENTIONALLY

BE HONEST
WITH
YOURSELF

PRACTICE SELF
MASSAGE

DO ANYTHING THAT
BRINGS YOU INTO
YOUR BODY

TUNE INTO
YOUR BODY

DO A BODY SCAN

NOTICE WHAT CAUSES
DYSREGULATION

PRACTICE RESOURCING

PAY ATTENTION TO
WHAT AREAS OF YOUR
BODY FEEL AT EASE

NOTICE WHAT
SENSATIONS HAPPEN
IN YOUR BODY IN
RESPONSE TO LIFE
EXPERIENCES/THOUGHTS

NOTICE SENSATIONS

NOTICE YOUR FEET
ON THE GROUND

PRACTICE BEING WITH
HOW YOUR TRULY FEEL

NOTICE HOW YOU
TALK TO YOUR BODY

VERBALLY DESCRIBE
THE SENSATIONS
YOU NOTICE

TAKE INTENTIONAL PAUSES

PAY ATTENTION
TO BODY CUES

PRACTICE
MINDFULNESS

FOSTER RHYTHM

music, movement, dance,
structure, routine, singing,
chanting, drumming

BE THERE FOR
YOURSELF

NOTICE THE EXACT
LOCATION OF YOUR
BODY IN SPACE

~AKA~ proprioception

