



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 6 Action Guide: Exercise: Sensations

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### **Exercise I: Sensory Awareness Walk**

Take a Sensory Awareness Walk outside this week and share about your experience.

Read more about it here: <http://sarah-sherwood.com/how-to-re-wire-your-brain-to-fully-engage-with-life/>

### **BREATHING WALK**

- Begin by allowing your mind to focus on your breathing as you walk. Simply notice your breath. Don't try to do anything with it. Just notice.
- Where in your body do you feel your breath? Your abdomen, chest, back, or even high in your collar bone?
- What do you notice? Is your breath smooth, rhythmic and easy? Is it hesitant, sporadic, or labored?
- What else do you notice that perhaps you haven't noticed before?
- As you focus on your breathing, does anything change without you having to purposely try to change it?

### **SEEING WALK**

- Shift your focus to what you see.
- What are the shapes, textures, movement, and colors that you notice?
- Can you look without naming the objects you see, even for a few seconds, but just see them as shapes, textures, movement, and colors?
- If you are in familiar territory, are there things you notice that you've never seen before?

### **HEARING WALK**

- Shift your focus to what you hear.
- What sounds do you hear?
- Listen more and more deeply, what are the sounds underneath the sounds you normally hear?
- Even for a few seconds, can you hear what you hear without naming the sound?
- What are the nuances of the sounds? Are there aspects to the sounds that you never noticed before?



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### **BRINGING THEM ALL TOGETHER**

- Now see if you can bring breathing, seeing, hearing, and sensing all together as you mindfully enjoy your walk.
- Don't worry if you find yourself quickly shifting between these channels of awareness. Just keep practicing and see if you can, even for a few seconds, be aware of them all at the same time.

What do you notice that you haven't noticed before?

*\*Many thanks to Jim Strohecker for his original idea about the sensory awareness walk and Bobbie Burdett for sharing it with me.*

### **Exercise II: Wheel of Awareness Practice**

Practice this guided meditation by Dr. Dan Siegel to increase embodied self-awareness. Listen to the Introduction, then practice the Expanded version of the exercise.

[http://www.drdansiegel.com/resources/wheel\\_of\\_awareness/](http://www.drdansiegel.com/resources/wheel_of_awareness/)



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Here is a list of Sensation Words to broaden your vocabulary:

Achy	Frozen	Rolling
Airy	Full	Shaky
Alive	Furry	Sharp
Bloated	Goose bumpy	Shimmering
Blocked	Gurgling	Shivery
Breathless	Hard	Shudder
Brittle	Heavy	Silky
Bubbly	Hot	Smooth
Burning	Icy	Soft
Buzzy	Intense	Spacious
Chilled	Itchy	Spacious breathing
Clammy	Jagged	Spasming
Closed	Jittery	Spinning
Cold	Jumbly	Sticky
Congested	Jumpy	Still
Constricted	Knotted	Stretchy
Constricted breath	Light	Stringy
Contracted	Loose	Strong
Cool	Moist	Suffocating
Cozy	Moving	Sweaty
Crampy	Nauseous	Tender
Damp	Numb	Tense
Dense	Open	Thick
Dizzy	Paralyzed	Throbbing
Dull	Pounding	Tickly
Elastic	Pressure	Tight
Electric	Prickly	Tightness of skin
Empty	Puffy	Tingling
Energized	Pulled	Trembly
Expanding	Pulsing	Tremulous
Faint	Quaking	Twitchy
Flaccid	Quiet	Vibration
Fluid	Quivering	Warm
Flushed	Radiating	Wobbly
Flutter	Ragged	
Frantic	Raw	