



# *Interoceptive Awareness... Your Superpower!*

## *What is Interoceptive Awareness?*

- Noticing and processing the physical sensations that arise from within the body.
- Examples: hunger, fullness, thirst, pain, heart rate, temperature
- They help translate the body's signals into choices that meet our needs.

## *But I Can't Trust My Body!*

- We feel we cannot trust our body's signals, but can our body trust us?
- We override our needs and wants, which disconnects us from our body's signals.
- This results in a diminished capacity to care for ourselves.

## *Common Barriers to Interoceptive Awareness*

- dieting
- stress
- lack of sleep
- chaotic or demanding schedule
- mental or physical health conditions
- history of trauma

# *How to Build Interoceptive Awareness*

## *Meet Your Basic Needs*

- We can lose touch with our body's signals when we are not meeting our basic needs.
- Basic needs include food, water, sleep, safety, and mental and physical health.
- To get back in touch with our body's signals, we first need to have our basic needs met.

## *Practice Mindfulness*

- STOP and turn your attention inward.
- INVESTIGATE and notice your body's sensations.
- EXPLORE what explanations might exist for those sensations.
- CHOOSE an action that can help you rebalance.
- A body scan exercise is an excellent way to practice mindfulness.

## *Connect Body Signals With Emotions*

- Many of us have hard time naming our emotions. It may be easier for you to identify your emotions if you're able to connect your body's signals to them.
- This not only helps you tune into the signals from your body, but it helps you understand how you personally experience each emotion, which will make it easier to identify in the future.

# The Emotion-Sensation Wheel

