

Expanding Consciousness

The Why: To create change, you will need to practice living in consciousness. Our senses provide a great way to connect with your body and your current moment. Practice using your senses to get out of your head, and in to your body. This is also called a “grounding” practice and helps to send a safety signal to your body when it is stressed or emotionally activated.

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The Work

Practice reconnecting with your consciousness using your body and it's five senses. To begin take five slow breaths together and ask yourself:



What are three things you can hear?
(the birds, my colleague talking, music, etc)



What are three things you can see?
(the sun, grass, computer, etc)



What are three things you can smell?
(coffee brewing, aromatherapy, my lunch, etc)



What are three things you can touch?
(the seat, my feet on the ground, water in my hands, etc)



What are three things you can taste? (if applicable)
(my meal, tea, gum, etc)

Challenge

Consciousness Check In: Set a timer on your phone for one random time during the day. When time your alarm goes off, note where your attention is and practice the above exercise.