

Body Mapping Guide

When we are distracted by events in our lives, we can sometimes neglect our own needs. A great way to check in with ourselves is through a body map. This type of map is a way we can establish a mind-body connection.

It is important to listen to your body and go easy on yourself.

The following instructions are to help guide you. You can have someone read these instructions with you or go through the process on your own. Choose what is most comfortable for you.

How to listen to the body:

1. Find a quiet, safe place. You can either sit or lay down.
Close your eyes or use a relaxed gaze on your nose.
2. Take 5 deep breaths to settle in.
Count to 5 in and out.
3. Start with feeling how your body is touching the ground.
Is it a hard, soft, lumpy surface you are on?
4. Scan your body in your mind's eye.
Start with your toes to your head.
5. Where do you feel some sensations inside your body?
Are they hot, cold, tingly, tight, or itchy? Just make a mental note for now.
6. Can you feel any connections in the body?
How are they attached?

Working on the body map:

1. Choose materials that speak to you. Don't think too hard because your body knows.
Colors, textures, or shapes
2. Remember those sensations your felt? Time to mark them down.
3. Create symbols, shapes, words, signals, lines, and other types of mark making to identify what your body is telling you.
4. Can you represent a safe space around you? What elements are there that help you relax?

Reflecting on the finished piece:

- What colors, textures, or shapes did you use? Can you place a meaning to them?
- Did you find some places that were stuck? How could you loosen those spots carefully?
- Were there things that surprised you about the experience?

