

Listen to your Body

.. yes, but how exactly?

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Listening to your body is one of the most powerful and fundamental skills of Body Intelligence. It helps you live each day in balance, while also preventing the development of longer health problems. But what does it really mean? And how can you start listening to your body well *before* it starts yelling and screaming at you? A great way to cultivate this skill, also known as our 'interoceptive awareness,' is to start with the really small stuff, every day. Below you'll find 10 ways you can practice your listening skills. Just three tips before you get started:

TIPS

1. Develop a simple daily ritual that grounds you in your body and gives you a moment to check in. You could, for example, take a moment on waking, then again at lunch time, and/ or at night time to do a simple Body Scan.



If you need some guidance, here's a [5 minute Body Scan](#) audio file you can listen to anytime.

2. Be careful not to minimise the importance of any body sensations you notice - just because they might be small or minor, that doesn't mean they don't warrant attention and response. Remember, every RSI injury starts out as a small niggle.
3. Bring an attitude of curiosity to what your body is communicating. If you do recognise an uncomfortable sensation (eg racing heart or stiff neck) try not to judge it as 'bad'. Instead regard it as really valuable information that you can respond to.

10 ways to listen to your body

Body Sensation	Pay attention to ...	What do you notice?
1. Heart Rate	The rhythm of your heart, and how it changes in different situations and times of the day.	
2. Breathing	What part of your body moves the most when you inhale and exhale? How fast or slow is your breathing? Is the quality gentle? Forced?	
3. Muscle Tone	Bring your awareness to one part of your body (eg neck, shoulders, jaw, forearms) and notice how relaxed or tight your muscles feel.	
4. Hunger	Any sensations of physical hunger: such as a rumbling stomach, drop in energy levels, emptiness, reduced mental concentration.	
5. Thirst	Check the inside of your mouth - how moist or dry is it?	
6. Digestion	Your abdomen and notice any rumbling, feeling bloated, heartburn or indigestion, cramping, or simply a fullness or emptiness.	
7. Pain	Do you feel pain any where in your body? How would you describe it - achey? Stabbing? Throbbing? And how intense is it, out of 10?	
8. Signs of tiredness	Yawning, drooping eyes or blurry vision. How sharp is your brain? How are your overall energy levels right now?	
9. Pressure	Where do you feel your body making contact with the chair, the floor, inside of your shoes or clothes or your desk? How light, heavy, tight, loose or comfortable is the pressure?	
10. Posture	How are you sitting or standing right now? Is your posture comfortable, or are there some body sensations that suggest you need to adjust your posture?	

Your Notes