

Exercise:

Tracking Activation

(1-3 min)

- On a scale of 1-10, what is your current stress or Activation Level? (1 is low, 10 is high. Nervous system activation could look like fight, flight, freeze sensations... but also like alertness or excitement, not just stress)
- What sensations tell you that you are at that level? (E.g. Breath is shallow, shoulders are tight, stomach in knots, feel numb, mind is spinning).
- Scan your whole body. What's happening with your breath, muscles, temperature, skin, weight, speed, mental activity, stomach, jaw, forehead? Do you feel expansive? Contracted?
- Just observe the body sensations.
Don't *try* to change your breath, posture, etc. Don't *try* to relax.
- Allow energy and sensations to move through the body
Are you gripping around or blocking the flow of sensation/energy in any way? If yes, see if you can soften the gripping 1%.
- What organically begins to shift as you just watch and be with your sensations? How are the sensations different then when you started?
- What is your Activation Level now?