

PHASE 3 Part 1

TURNING INWARDS/WITHIN EXERCISE

Take a moment to pause. If you can close your eyes, place both hands over your heart and take 5 deep breaths drawing your attention more deeply into yourself each time. IT WILL GIVE YOU AN OPPORTUNITY TO SETTLE AND BECOME FOCUSED.

Practice inner awareness by: Tuning inwards and asking yourself:

How do I feel right now?

What is happening in my body right now?

Do a little inner scan and just notice if there is any tightness or tension

If there is tightness or tension, where is it?

Is your breath deep or shallow? Yes

☐

No

☐

Is there any niggling emotion you have been ignoring?

What is the emotion?