

A COMPANION GUIDE

COMING HOME TO YOUR BODY

A gentle invitation to listen to yourself again

Your body may still be protecting you even when your mind knows you are safe. You might notice yourself bracing, holding your breath, feeling disconnected, carrying unexplained tension, struggling to relax, or questioning what you feel.

These are not signs that you are broken.

Sometimes they are ways your body learned to navigate experiences where being fully present, having needs, saying no, or trusting yourself did not feel safe.

And over time, we can become so accustomed to overriding ourselves that we stop noticing the signals altogether.

Coming home to your body begins with noticing.

Not fixing. Not forcing. Not analyzing.

Just noticing.

A SMALL WAY TO COME HOME

02

Find a comfortable position. You do not need to close your eyes.

1

Look around.

Slowly notice your surroundings. Let your eyes land on something that feels pleasant, neutral, or simply interesting.

2

Feel your support.

Notice the chair beneath you. Your feet on the floor. The bed beneath your body. You do not have to change anything.

3

Notice your body.

Without trying to relax, ask yourself: **what am I noticing right now?** Maybe there is tightness. Warmth. Numbness. Movement. Pressure. Nothing obvious at all. There is no right answer.

4

Ask one gentle question.

What does my body need from me right now? Do not force an answer.

Maybe it is rest. Maybe it is movement. Maybe it is space.

Maybe it is a boundary. Maybe it is simply to be noticed.

And if you do not know, that is okay too.

This is how we begin rebuilding a relationship with ourselves. Not by becoming better at ignoring our bodies, but by becoming curious enough to listen.

A NOTE FROM KAREN

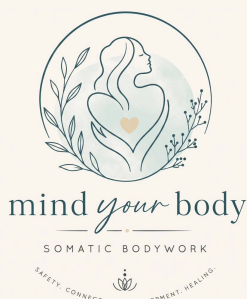
03

You do not have to figure everything out before you ask for support.

Somatic work offers a place to slow down, become curious about what your body is carrying, and begin rebuilding trust with yourself — gently, at your own pace.

**Your body has been with you
through everything.**

Maybe it is time to come home to it.



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Mind Your Body · McKinney, Texas