

# Body Mapping: Feeling our emotions

1. Lie or sit down wherever is comfortable for you.
2. Softly close your eyes & place your hands over your belly
3. Take a large breath in & hold your breath. Imagine your breath reaching every corner inside your body.
4. Exhale slowly. Visualize the breath slowly moving out of your belly button, little by little.
5. What emotion/s are you feeling right now? If you feel comfortable, you can name them out loud.
6. Where do you feel this emotion in your body? How does it feel? For example – is there a body part that aches, hurts, or feels fuzzy?
7. Repeat this as many times as you need, naming different emotions and where and how you feel them.

