

5 minutes
**TO
RECONNECT
WITH YOUR
BODY**

AN INVITATION TO GET OUT OF YOUR HEAD AND CHECK
IN WITH YOURSELF.



MODERN LIFE IS VERY GOOD AT KEEPING US IN OUR HEADS.

Noise. Traffic. Work. Responsibilities. Emails. Netflix.
Smartphones. Scrolling.

Some of us probably have more daily contact with screens
than with other human beings.

Before we notice, we're on autopilot.
So busy thinking, planning, and getting things done that we
barely notice what is happening below the neck.

UNLESS IT HURTS.

So how about five minutes to check in with your body
before it has to send you a stronger notification?
No special equipment required.

LET'S DO IT TOGETHER.

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Slowly look around you.

Notice and name three things you can see.

Everyday things. Your coffee cup counts.

Feel the support underneath you.

Notice the chair, floor or bed supporting you.

Is it hard or soft?

Do you feel the points of contact between the support and your body?

Notice your breath.

Don't change it.

Just observe.

Place a hand on your chest if it helps to feel.

Find one pleasant or neutral sensation.

Nothing dramatic required.

Maybe you notice the warmth of your hand on your chest.

The movement of your neck.

Maybe the fabric of your clothes against your skin.

Move in whatever way feels good.

Stretch slowly.

Shake your hands.

Turn your head.

Rotate your wrists or ankles.

One small movement is enough.

**AND THEN PAUSE FOR A MOMENT.
NOTICE WHAT IS DIFFERENT.**

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AND THAT'S IT.

You can practice all or some of these steps almost anywhere.

After those five minutes, you might notice things.
Interesting things.

Maybe you feel calmer.
Maybe you feel tired.
Maybe you suddenly realize you're hungry because you haven't
eaten anything since morning.

Your body has been trying to tell you.
You were just busy answering emails.

This is not an invitation to feel zen.
It is an invitation to pause and notice the quiet signals from your
body before it starts shouting.

WANT TO EXPLORE IT WITH SUPPORT?

If you'd like to become more connected with your body or
explore patterns that are difficult to shift on your own, I offer
Somatic Experiencing sessions.

And if you really need to get out of your head for a while, you
might like my massages.

YOUR BODY IS WAITING FOR YOU.

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