



ROOTED IN SAFETY: THE BODY COMING HOME TO YOUR BODY

A DAILY Practice for Listening, Nourishing, and Collaborating

Your body is not separate from your mind or your life.
It is where your experiences happen, where your mind lives,
and where you have the power to choose.

This practice will help you create safety within,
so you can inhabit, care for, and co-create with yourself.



THE PRACTICE: 7 STEPS TO COME HOME TO YOUR BODY

Use these steps as a gentle guide
any time you feel disconnected,
overwhelmed, or unsure of what
your body needs.

-  **NOTICE**
Pause and check in.
What am I feeling
right now in
my body?
-  **GET CURIOUS**
Ask with kindness.
What might my
body be needing?
-  **LISTEN**
Tune in without
judgment. What is
my body telling me?
-  **RESPOND**
Choose one small,
doable action that
would support me
right now.
-  **NOURISH**
Give your body what
it needs to feel
supported—food,
water, rest, movement,
comfort, or connection.
-  **CREATE SAFETY**
Adjust your environment
and boundaries so it's
easier to care for
yourself.
-  **COLLABORATE**
Trust that small,
consistent choices
build a stronger
relationship with
your body.

You don't have to do it perfectly.
You just have to keep showing
up for yourself.



DAILY BODY CHECK-IN

Take a few minutes to check in with yourself.
You can write, circle, or simply notice.

 HOW DOES MY BODY FEEL RIGHT NOW? (Circle or write as many as apply) ♥ Tired ♥ Tense ♥ Hungry ♥ Emotional ♥ Calm ♥ Rested ♥ Energized ♥ Other: _____	 WHERE AM I HOLDING TENSION OR DISCOMFORT? (Circle or write) _____ _____ _____ _____ _____
 WHAT DOES MY BODY NEED RIGHT NOW? (Circle or write) ♥ Water ♥ Food ♥ Rest ♥ Movement ♥ Comfort ♥ Connection ♥ Quiet ♥ Other: _____	 WHAT IS ONE SMALL THING I CAN DO TO SUPPORT MY BODY RIGHT NOW? _____ _____ _____ _____

REMEMBER

- ♥ Your body is not the enemy.
- ♥ It is giving you information.
- ♥ There is no one "right" way to take care of yourself.
- ♥ Small choices create lasting change.
- ♥ You are allowed to do what works for YOU.



*I am listening. I am here.
I am worthy of safety, care, and belonging.*

CREATE AN ENVIRONMENT THAT SUPPORTS YOU

 MAKE IT EASY Keep nourishing foods visible and accessible.	 PREPARE AHEAD Future you will thank you for small preparations.	 REMOVE FRICTION Simplify what you can. Make care the easier choice.	 YOUR SPACE, YOUR RULES Design a space that feels calming and supportive.	 SET BOUNDARIES Protect your time, energy, and well-being.
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EXAMPLES: WHAT SUPPORT CAN LOOK LIKE

NOURISHMENT



- Grab-and-go foods
- Fresh fruit
- Nourishing meals
- Herbal tea
- Enough water

REST & RECOVERY



- A short break
- Early bedtime
- Quiet time
- Deep breaths
- Saying no

MOVEMENT



- Stretching
- Walking
- Yoga
- Dancing
- Moving for joy

EMOTIONAL CARE



- Journaling
- Talking to a friend
- Crying it out
- Art or creativity
- Time in nature

ENVIRONMENT



- Clean, calm space
- Sunlight
- Comfortable temp
- Things you love
- Organized basics

CONNECTION



- Quality time
- Community
- Ask for help
- Give & receive support

5-MINUTE BODY RESET MINI-RITUAL



BREATHE
Take 5 slow,
deep breaths.
Inhale calm.
Exhale tension.



SENSE
Notice 5 things
you can see,
4 you can feel,
3 you can hear.



MOVE
Move your body
in a way that
feels good right
now, even for
1 minute.



NOURISH
Drink water.
Eat something
that supports
your body.



RECONNECT
Place your hands
on your heart.
You are here.
You are enough.

♥ *My body is my home. I choose safety, care, and collaboration every day.* ♥