



Connecting

With
Self

A 10 day Journey towards deepening your
Mind - Body Connection

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Connections

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Disclaimer



This somatic journal is offered freely as a self-reflection tool and is intended for educational and informational purposes only.

It is not a substitute for professional mental health treatment, therapy, or medical advice.

By using this journal, you acknowledge and agree that:

- The content is provided “as is,” without any guarantees or warranties of any kind.
- You are solely responsible for how you use this material and for your own physical and emotional well-being.
- The creator of this journal, Heather Cameron, is not providing therapy, counselling, or establishing a therapist–client relationship through this resource.
- If you are experiencing significant emotional distress, mental health challenges, or crisis, please seek immediate help from a qualified mental health professional, call emergency services, or contact your local crisis helpline.

Use of this journal is at your own discretion and risk. By continuing, you agree to release the creator from any liability related to its use.

Welcome to Your Somatic Awareness Journey

Embarking on the path of somatic awareness is a powerful step toward reconnecting with your body, emotions, and the world around you.

This 10-day journal is thoughtfully designed to support that process—helping you tune in to the subtle signals, sensations, and rhythms that live within you.

Each day offers a flexible yet supportive structure to explore your physical sensations, emotional experiences, and natural movements.

Through mindful reflection and intentional attention, you'll deepen your self-awareness and cultivate a more embodied presence.

Set aside a quiet, comfortable space each day to journal. Allow this time to be a gentle ritual—an opportunity to slow down, listen inward, and honor whatever arises.

Use rich, descriptive language to express your inner landscape, and let your entries be honest and unfiltered.

This is your journal—adapt it as needed. If a prompt doesn't resonate, feel free to skip or modify it. Your body's wisdom is your most trustworthy guide.

Think of this journal as a stepping stone—a way to build a compassionate, curious, and healing relationship with yourself.

Move through each day with openness and grace.

And remember: the slower you go, the more you heal.

If at any point you require additional support, with thoughts or emotions that arise please book a session with Heather Cameron.

<https://aws-portal.owlpractice.ca/liberatedconnections/booking>

For grounding resources, body scans and gentle yoga practices visit-

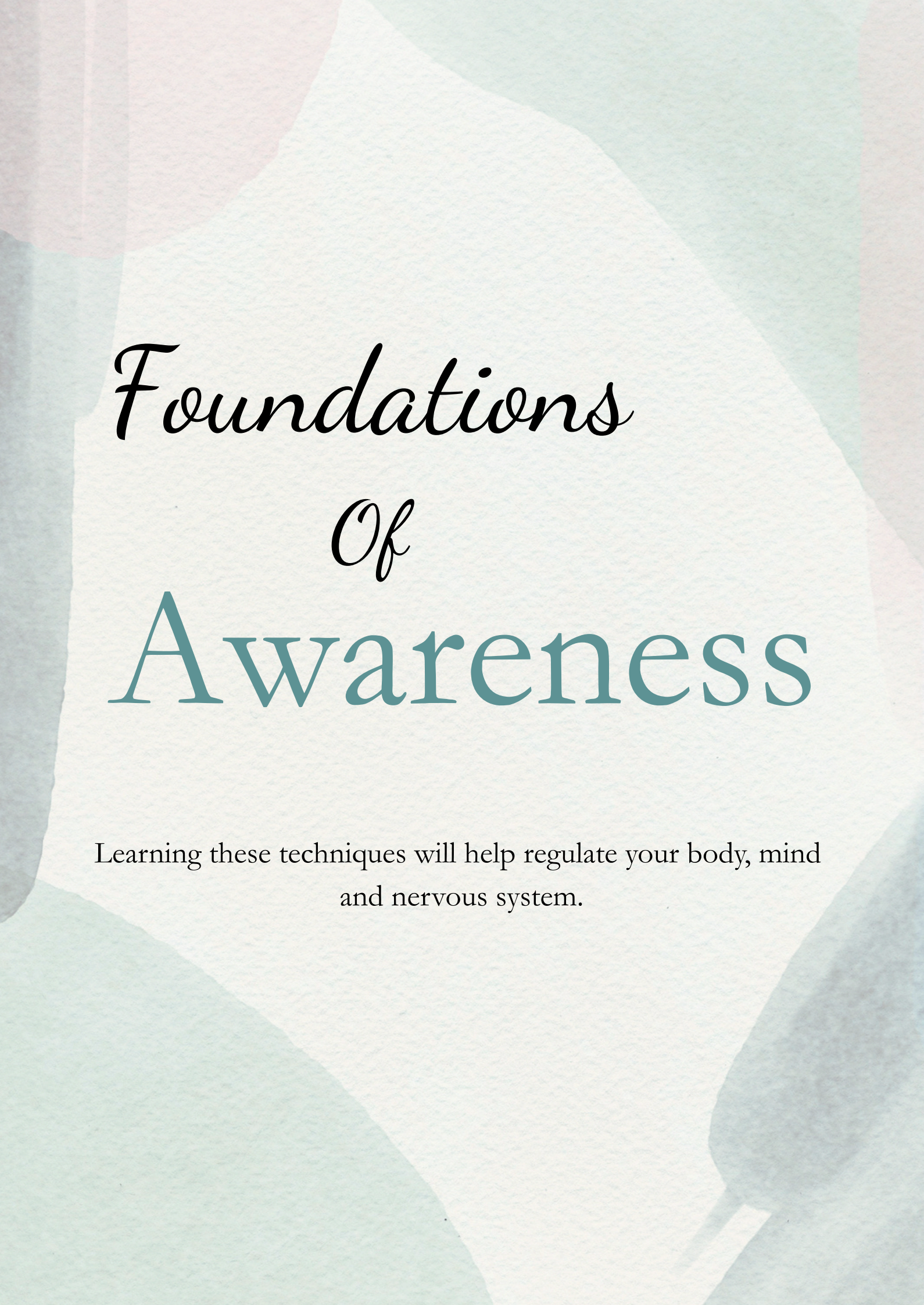
Heather Cameron with Liberated Connections on YouTube

<https://www.youtube.com/@heathercameron-liberated>

There may be times when describing what you feel might be difficult to identify.

Here are some words you may find helpful.

Achy	Flushed	Relaxed
Bloated	Fluttery	Releasing
Blocked	Free	Restless
Breathless	Frozen	Sensitive
Brittle	Fuzzy	Shaky
Bruised	Heavy	Sharp
Bubbly	Hollow	Shivery
Burning	Hot	Smooth
Buzzy	Icy	Soft
Calm	Inflated	Sore
Chills	Itchy	Spacious
Clammy	Jittery	Spinning
Clenched	Jumpy	Steady
Closed	Knotted	Strong
Cold	Light	Suffocating
Congested	Nauseous	Tender
Constricted	Open	Tense
Cool	Pounding	Thick
Damp	Pressure	Throbbing
Dence	Prickly	Tight
Dry	Puffy	Tingling
Draining	Pulsing	Trembling
Dull	Pounding	Twitchy
Electric	Queasy	Warm
Energetic	Quivering	Watery
Expansive	Radiating	Wobbly
Fluid	Raw	



Foundations *Of* Awareness

Learning these techniques will help regulate your body, mind
and nervous system.

Time to Connect

Today I am grateful for these three things...

Date:

- 1.
- 2.
- 3.

Today, what sensations do I notice in my body?

Today, what parts of my body do I notice the most?

Today, are there any thoughts or feelings associated with the sensations?

Today, is there anything that my body needs (water, movement, stretch, hug)?

Day 1-

Grounding

Visit-

<https://youtube.com/shorts/3wZVSKqC6SI?si=L2-NWxqgMsr9bc9O> for guidance in grounding through your feet.

Sit comfortably with your feet firmly on the ground.

Take several slow, deep breaths, and focus on the sensations of the contact of your feet on the floor, your body on the chair.

Breathe and focus on these sensations alone.

Write about how your body feels, noticing areas of tension or ease.

Reflect on how grounding impacts your emotional state.



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Day 2-

Breath Awareness

Visit-
<https://youtu.be/rwYNS7xqMoY?si=Un6CNmpDk1FCnqFs> for a guided
breath awareness / sensing meditation.

Spend 5 minutes observing your breath.

Is it shallow or deep? Fast or slow?

Write about your experience.

What was it like to intentionally focus on your breath?

Did you notice any physical or emotional changes that occur during this practice.



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Day 3-

Sensory Exploration

Visit-

https://youtube.com/shorts/S_Bj2aLR-Gc?si=5mDE5SMKzis2M1bX for guidance in grounding through 5 senses.

Focus on one sensory experience today—perhaps touch, taste, or sound.

For example, hold an object in your hand and describe its texture, weight, and temperature.

How does this sensory focus influence your awareness?

Journal about the connection between your sensory experience and your overall emotional state.



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Day 4-

Movement Awareness

Visit-

<https://youtu.be/xjnCtVezFNI?si=g3cNuYxvqskykcaC> for a gentle yoga sequence.

Incorporate gentle movement, such as stretching or walking or yoga.

Pay close attention to your muscles.

Are there points of stiffness or fluidity?

Write about how movement shifts your bodily sensations and mood.



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Day 5-



Reflection

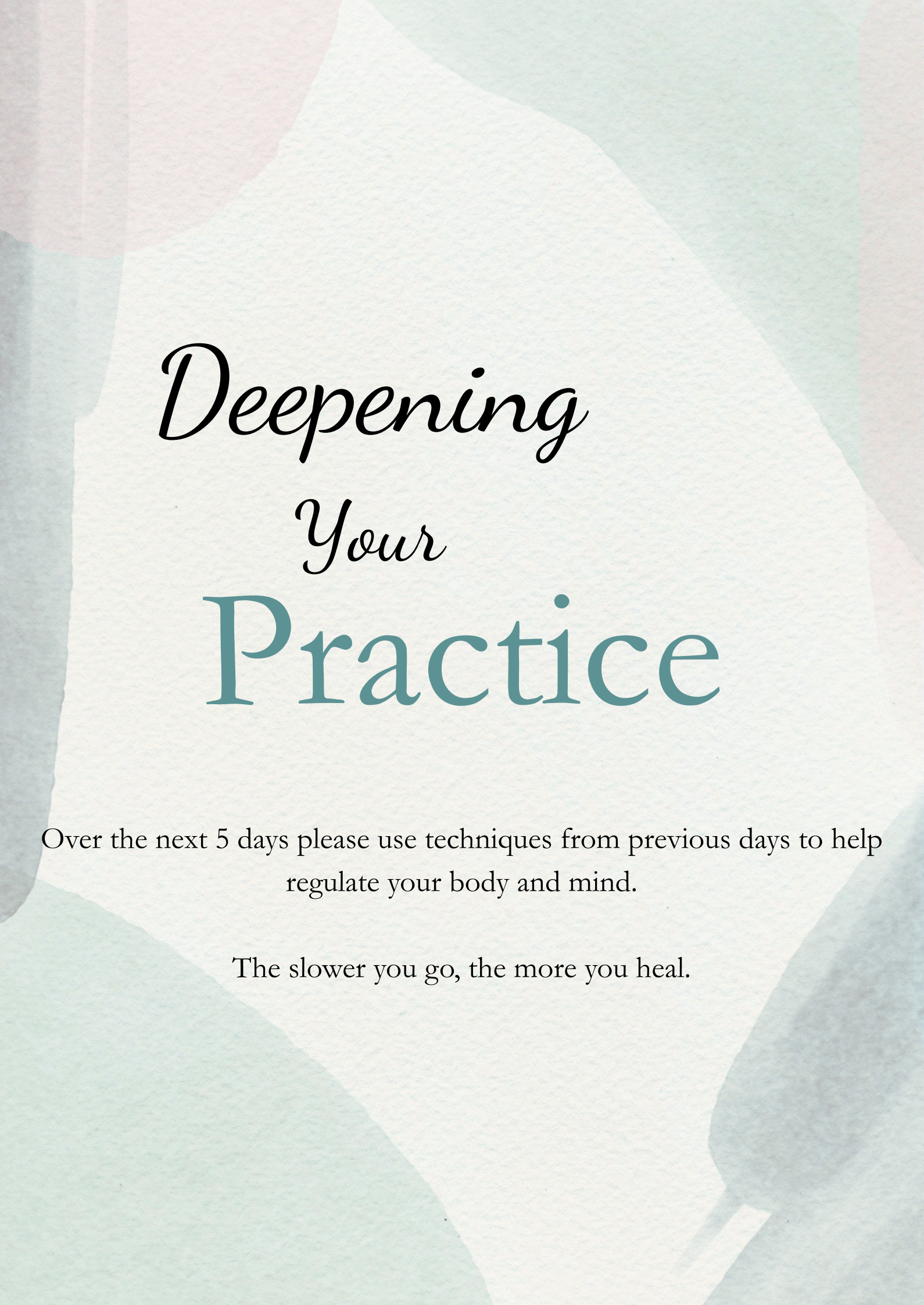
Review your entries from the previous four days.

What patterns or insights have emerged?

How do you feel about your body and its signals now compared to Day 1?

Write about how this week has informed your understanding of somatic awareness.





Deepening *Your* Practice

Over the next 5 days please use techniques from previous days to help regulate your body and mind.

The slower you go, the more you heal.

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Day 6-

Emotional Mapping

Spend time noting where you notice emotions in your body.

When you feel joy, stress, or calm, where do you feel it?

Is there warmth, tightness, or expansion?

Reflect on these bodily responses and their correlation to different emotional states.

Happiness, sadness, anger, fear, disgust and surprise, to name a few emotions.



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Day 7-

Somatic Responses

Notice how external events or interactions activate different bodily sensations.

For instance, does a conversation with a friend leave you feeling light and expansive, or tight and constrained?

Take a moment to journal these reactions and explore opportunities for practicing mindfulness.



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Day 8-

Guided Body Scan

Please visit-

<https://youtu.be/lavV8pfj-OQ?si=HzB6UzbKIk7m09N8> for a brief guided body scan.

Notice different areas of your body section by section, observing sensations without judgment.

Write about what you discovered during the body scan. for a brief guided body scan.

Notice different areas of your body section by section, observing sensations without judgment.

Write about what you discovered during the body scan.



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Day 9-



Observing Discomfort

Tune into any discomfort that your body may be experiencing.

Instead of resisting these sensations, tune into them with curiosity.

Write about where you feel them, their intensity, and any emotions tied to them.

There is no need to analyze the emotions, just observe and record.



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Day 10-

Full Circle Reflection

Take some time and review your 10-day journal.

Reflect on your somatic journey and the insights gained.

How has your relationship with your body evolved?

Write about how you plan to integrate somatic awareness into your daily life moving forward



Congratulations

Completing this 10-day somatic awareness journal is a significant step towards deepening your mind-body connection.

By regularly tuning into your body's sensations and experiences, you cultivate a greater sense of presence, relaxation, and self-awareness.

Continue to integrate these practices into your daily life to maintain and enhance your somatic awareness journey.

For additional support, book a session with Heather Cameron to discuss your experience.

<https://aws-portal.owlpactice.ca/liberatedconnections/booking>

