

IEDE Lunch & Learn Series – Interoceptive Awareness Part 1

Agenda:

- Body Scan
- Defining Interoceptive Awareness
- Benefits of Interoceptive Awareness
- Example of Notice, Connect, Regulate
- Homework for Part 2

Body Scan Individual Reflection (Group Sharing Optional)

What did you notice in your body and specific words did you use?

What might those signals mean about how you are feeling?

Individual Reflection (Group Sharing Optional)

What body parts are easier for you to notice signals from?

What body parts are harder for you to notice signals from?

Reflection Prompt for Group Discussion

What are the different sensations you experience from your stomach?

Reflection Prompt for Group Discussion

What cultural messages have you experienced about when to notice or not notice body signals?

Homework for Part 2

- Set a routine for a daily self-check and body scan
 - Pick a behavior or external reminder cue to signal it's time for your self-check
 - Pay particular attention to the area(s) you identified are more difficult for you to notice
 - Whole Body Descriptor Menu can help!
- What cue will you use to signal it's time for your self-check?

Citations and Resources:

Barrett, L. F. (2017). *How emotions are made: the secret life of the brain*. Houghton Mifflin Harcourt.

Hoyt, M. A., Stanton, A. L., Bower, J. E., Thomas, K. S., Litwin, M. S., Breen, E. C., & Irwin, M. R. (2013). Inflammatory biomarkers and emotional approach coping in men with prostate cancer. *Brain, Behavior, and Immunity*, 32, 173–179. <https://doi.org/10.1016/j.bbi.2013.04.008>

Mahler, K. (2019). *The interoception curriculum: A step-by-step framework for developing mindful self-regulation*. N.P.

University Health Services, University of California Berkeley. (2023, July). *Nutrition Resources*. <https://uhs.berkeley.edu/facstaff/wellness/nutrition-programs/nutrition-resources>

Body Scan: <https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations>

Mindfulness Based Stress Reduction (MBSR):
<https://www.uwhealth.org/treatments/mindfulness-classes>
<https://palousemindfulness.com/> (Free, online MBSR course)