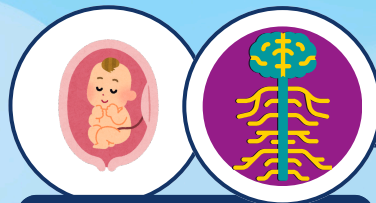


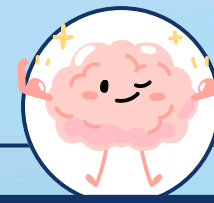
The Journey from #GrowthMindset to MindBody Approach

ORGANISED USING A C-PTSD AT WORK LENS



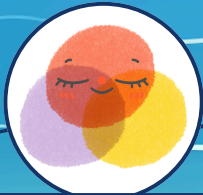
Initial Disconnection

Early childhood trauma and/or ongoing exposure to stress disconnects mind-body. Unaware of their bodies or actively ignoring them. Cognition is prioritized, the body is superficially acknowledged as a vehicle to sustain life. Bodily senses and wisdom are ignored.



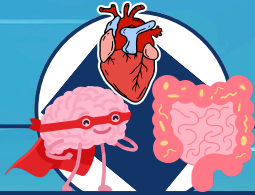
#GrowthMindset Mind-Over-Matter

The body is perceived primarily as a vessel to support the mind's expansion. Bodily sensations are acknowledged only in terms of comfort and discomfort. Person opts for Respite instead of Restore.



Integrate Emotions

Emotions are recognised and integrated using mind-body practices. Understanding the origins of emotions and how they manifest physically.



Bodily Senses

Increased awareness of bodily sensations. Deeper exploration of the felt self offers more insight into the body's signals and responses.



Mindful Awareness

Cultivating a mindful awareness of the present moment, which includes both mental and physical experiences. Practices such as mindfulness meditation and deep breathing help individuals become more attuned to their bodily sensations.



Mind-Body Communication

Developing practices to improve communication between mind-body. The concept of the "felt sense" becomes crucial, serving as a gateway for understanding & enhancing this communication.



Access Body's Innate Wisdom

As mind-body communication strengthens, deeper insights & wisdom inherent in the body are accessed, trusted and used as guidance.



Mind-Body Coexist

Ultimately, the mind and body coexist harmoniously. This harmonious coexistence is experienced through the felt sense of self. There is a holistic appreciation of the body as an integral part of one's identity and existence.