




# COME BACK TO YOURSELF

A gentle somatic check-in

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Your body has been keeping track even when you haven't had the time or mental space to pay attention.

This guide isn't about fixing anything or figuring anything out. It's simply an invitation to slow down, turn toward yourself for a few minutes, and notice what's actually there. and where you are at.

You can do this sitting in a chair, lying down, or anywhere you have a few quiet minutes. There is no right way. There is no wrong way. There is only what you notice.

Before you begin - if it helps, take one slow breath. Let your shoulders drop. You don't have to be anywhere else right now. You are exactly where you need to be

- Meada

# HOW TO USE THIS GUIDE

Read through each prompt slowly. After each one, pause for a moment before moving on.

You don't need to analyze what comes up. You don't need to fix it or understand it fully. Just notice it - the way you might notice weather passing through.

Some prompts will feel more relevant than others. Some might not land at all today. That's fine. Come back another time and they may feel completely different.

This guide is designed to be used more than once. Your body will tell you something different depending on the day, the season, and what you're carrying.

There are no right answers here. Only honest ones.



# ARRIVING

Before we move on, let's notice where you are right now.

Find a position that feels comfortable – sitting, lying down, or somewhere in between. You don't need to be perfectly still or perfectly relaxed.

Take one slow breath in through your nose. Let it out slowly through your mouth. Do that once more if it feels helpful.

## NOW SIMPLY NOTICE:

- Where is your body making contact with the surface beneath you – your feet on the floor, your back against the chair, your body on the bed? Can you feel that contact?
- What is the temperature around you – warm, cool, neutral? Is there any part of your body that feels warmer or cooler than the rest?
- What sounds are around you right now? Without judging them as good or bad – just notice they are there.
- How would you describe the overall feeling in your body right now in one or two words – not what you think, but what you feel?

# WHERE YOU'RE HOLDING THINGS

Without trying to change anything, just notice:



Where do you feel tension right now?

- ✓ Your jaw, your shoulders, your chest, your stomach, somewhere else?

Is there anywhere in your body that feels


- ✓ numb, disconnected, or harder to feel than the rest?

Is there anywhere that feels surprisingly okay — relaxed, at ease, or neutral?

- ✓ If the feeling in your body right now had a shape or a weight, what would it be? Heavy, tight, scattered, hollow, full?



YOUR BODY STORES WHAT YOUR MIND  
HASN'T HAD TIME TO PROCESS.



# WHAT YOU'VE BEEN CARRYING

*You have probably been holding more than you realize.*

These questions aren't about solving anything. It's about being honest with yourself about what has actually been going on.

- What has felt heaviest lately – physically, emotionally, or both?
- Is there something your body seems to be bracing for, even when nothing is actively happening?
- When did you last feel genuinely at rest – not just distracted, but actually at ease?
- Is there something your body has been dropping clues for something that you haven't given it yet – sleep, stillness, movement, warmth, gentleness?

# COMING BACK

*This is the part where we find one small thing to return to.*

*You don't have to feel better right now. You don't have to have this figured out. You just have to find one small thing to help you see forward.*

*Place one hand on your chest. Feel your heartbeat if you can. Notice that it has been keeping time through all of this - without you having to do anything at all.*

*Take one slow breath and let it go completely.*

Now ask yourself:

- What is one small, simple thing your body is asking for in the next hour?
- What is one thing you could put down, even temporarily, that would give you a little more room to breathe?
- What does your body need from you right now?



# A CLOSING NOTE

YOU SHOWED UP FOR YOURSELF  
TODAY. THAT MATTERS MORE  
THAN IT MIGHT FEEL LIKE  
RIGHT NOW.

The body holds wisdom that the mind doesn't always have access to.  
Coming back to it, even briefly, is an act of care.  
Return to this guide whenever you need it.



And if you find yourself wanting a little more  
support in carrying things forward - that  
option exists too. There's a seat for you at  
The Whole Cafe whenever you're ready.



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