



Change It Up



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

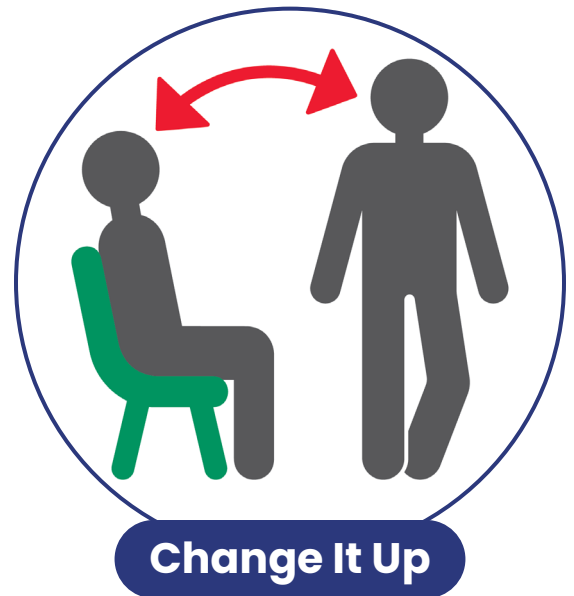
Change your body's position or your posture.

Some ideas:

- Sit on the floor
- Stand up
- Shift position in seat
- Stretch

WHY TO TRY:

Shifting your body's position gives you alternative ways to listen and work. The movement may change your level of attention, energy, and comfort.



Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

