



Feels Wonderful Takeaway

The Feels Wonderful Takeaway is one of a number designed to help you develop your sensory awareness. This is key to making a greater connection with the things around you and thus enriches your overall wellbeing.

- People often mistake the sense of touch as simply what we feel with our hands. Whilst our hands are undoubtedly one of the greatest tools that we have they are not alone when it comes to touch or what we feel.
- Our entire body uses the sense of touch. Every inch of our skin is crammed with sensitive nerves that capture information constantly. In a similar way to our other senses we filter most of this information out to prevent our brains and our minds becoming overloaded with information.
- A finely tuned sense of touch can help you focus on the present and appreciate the here and now in ways that you may have missed out on for most of your life. This heightened awareness is a powerful tool for meditation and mindfulness but can also bring increased sensation to many day to day activities.

Try out these simple activities to develop your sense of touch:

- When taking a bath or shower consciously notice how the feels on different parts of your body. It is proven that our sense of touch is closely linked to our vision so for this exercise focus your eyes on a specific part of your body and notice how the water feels on that part of your body. As you begin to appreciate the sensation close your eyes and focus purely on the way the water feels. Open your eyes and move onto another part of your body. If you are doing this in the shower you can direct the water specifically at the relevant part of your body and even experiment with different power and heat settings to notice how each one feels.

- Walking barefoot is a fantastic way of developing your sense of touch. Whenever you feel it is appropriate take the opportunity to get rid of your socks and shoes and walk about barefoot. It is better to walk slowly and deliberately place your feet one in front of the other as you walk. Take in every footstep as a different set of feelings and sensations and really notice how the surface you are walking on feels to the soles of your feet. Next stand still and gently adjust the weight of your body from one foot to another and from your toes to your heels and back again. Notice how the sensation is different for different parts of your feet. Whilst standing still, close your eyes and focus purely on the sense of touch. Trying this on several different surface such as carpet, grass, sand, pebbles and snow will help to develop an even greater sense of touch.
- The mouth is one of the most sensitive areas of the human body but often we don't notice the sensations of touch with our mouths. Next time you are eating, slow down and take a moment to notice how each mouthful of food feels inside your mouth. Notice the sensation on your lips as the food brushes against them, notice the touch of the fork or spoon against your lips and begin to recognise the subtle differences in temperature and texture. Notice the difference between the sensations on your top lip versus the sensation on your bottom lip. Do the same with your tongue and even with the different areas of your tongue. Don't be surprised if your food suddenly tastes better than it has ever done before now that you are making the most of your sensory experience.
- The final exercise to develop you sense of touch is too notice the way clothes feel on your body. Next time you are shopping for a new outfit and trying clothes on in your favourite store take the time to notice how the clothes actually feel as well as how they look. So when you squeeze into those tight fitting skinny jeans take a look in the mirror. Turn around to see what your bum looks like but then stop and notice how the denim feels against your skin. Notice how the stitching feels, recognise the difference from the bottom of your legs to the top. Close your eyes and focus just on the feelings. As you take them off notice how that feels against your skin, notice the change in temperature as you remove them and take a moment to recognise the way your skin feels without the jeans in comparison to when you are wearing them. See how you get on. You never know you might end up asking "Does my bum feel good in these?"