Diana Ng: Safety In Sensitivity: Somatic Self-Care For The Sensitive Person

Diana is an integrated mind-body therapist as well as a movement and meditation facilitator. Discover how to get support and encouragement for anyone who identifies as being sensitive or has been told, “you feel too much”.

**TOP EMBODIMENT TIP:** Choose to befriend your body, even in all the uncomfortable places, because this is your vehicle for lightness.

**Receive Invitations:**
- **Build inner resources by receiving invitations** for you to be humane about your humaneness.
- This is also an invitation for you to be curious and compassionate to what arises for the unique human that you are.

**Identify Ways Sensitivity Shows Up in the Body: The Seven Traits.**
- Noticing environmental details such as light streaming in a room.
- Being attuned to external sensations and cycles such as collective senses.
- Having attunement to the internal landscape of the body by describing with incredible accuracy and precision what it is your body needs.
- An overall sense of experiencing anything more deeply and intensely.
- Perfectionism - noticing tiny details.
- A keen awareness of what is below the surface, an internal B.S. meter.
- Replaying past or future scenarios, noticing all the possible permutations.

**Ways Sensitivity Arises:**
- Naturally highly sensitive, sensory processing challenges and hyper-vigilance arise from unprocessed trauma.

**The 3 B’s: Ways We Can Offer Ourselves Self-Care.**
- Boundaries: these are key to our capacity to experience and remain receptive.
- Being with: meeting ourselves with nourishing hands as a soothing resource.
- Beauty: using our ability to notice the details in the environment to take in beauty.

**Resources:**
- **Meditations:** Self-Care
- **Website:** The Elemental Practice
- **Social:** @the_the_elemental_practice, Facebook

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Diana Ng
Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a comprehensive, highly adaptable, embodiment-based methodology for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

**UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](http://Uzazu.org) for details!