



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

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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.

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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](#) for details!**