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Structural Integration and Structural Awareness



What to do after a Session:

Walk

Walking is probably the best integrative activity for you to do after a session. Sometimes the word “strolling” fits better than walking. A nice leisurely walk with mindfulness. A walking meditation. Give yourself time to notice what is different and what is new in your body as you walk. How do your legs feel? How do your feet feel on the ground? Are there differences between left and right? How does it feel to breathe? How do these shoes feel? Does your clothing fit differently?

Pay attention to yourself throughout the day

Just let yourself become more aware of your body. Take a deep breathe when you think of it or give yourself a cue to do it (when I stop at a red light I will take a deep breath). Scan through your body before going to sleep and upon waking. Start at your feet and move up to your head just checking in and being aware of what you feel in the different parts of your body. Don't try to judge, just accept what is there.

Drink lots of water

Some suggest taking your weight in pounds and dividing it in half. This is the number of ounces of water you should drink a day.

Physical Activity

Moderation is the key. Keep up your regular exercise pattern if you have one, don't overdo it just because you feel better. Pay attention to how your body feels as you work out. Is it asking for you to do something differently? What can you change?

Journal

Some find it useful to journal about a session and what came up for them. Images, memories, emotions, and ideas are some of the things that may come up during and after a session that people find useful to journal about. It is also a rich time to look at your dreams and add them to your journal. Also, everyday activities that seem to spark something in you, that seem to raise your level of awareness, are also good to add to the journal.