project reassure

Self-Advocates

What is Tracking?

Tracking is a way to help you stay in or get back to your “Resilient Zone” or “OK Zone.” When you use tracking you pay attention to what is happening with your mind and body. We sometimes call these thoughts and feelings in our mind and body “sensations”.

What Do We Mean by Sensations?

There are many ways the brain takes in information. One way is through our senses. These are called sensations. Some senses are sight, sound, smell, taste, and touch. You can pay attention to other sensations like breathing, your heartbeat, and how your stomach feels.

Sensation Words

Having the right words to talk about what you are thinking and feeling is important. Here are some sensation words that may help you talk about what you are paying attention to inside your body:

- **Vibration:** shaking, twitching, trembling, fast/slow
- **Size/position:** small, medium, large, up/down, center
- **Temperature:** cold, hot, warm, neutral (just right)
- **Pain:** intense (which means strong or sharp), medium, mild, throbbing, stabbing
- **Muscles:** tight, loose, calm, rigid
- **Breathing:** fast, short, deep, shallow, light
- **Heartbeat:** fast, slow, rhythmic or regular, fluttery, jittery
- **Taste:** spicy, sweet, sour, juicy, bland or plain
- **Texture:** rough, smooth, thick, thin
- **Weight:** heavy, light, firm, gentle