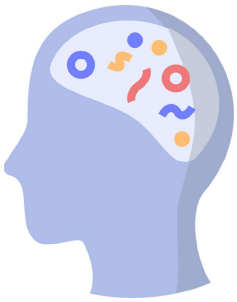
project reassure

Self-Advocates

Learning How to Track

Tracking is when you pay attention to what is happening with your mind and body. Tracking can help you pay attention to good feelings in your mind or body to help you stay in your OK or “resilient zone”.

It may be hard to pay attention to what is going on with your mind and body. Talking to people you trust about these “feelings” is important. They may be able to help you learn to pay attention to good and bad feelings.



Practice describing how you feel and what you sense by speaking up and telling others.

Asking yourself questions can also help you pay attention to what you are feeling. Some questions may be things like:

- Is my heart beating fast or slow?
- Is my breathing fast or slow? Deep or short breaths?
- How do my clothes feel? Are they tight or loose? Soft or scratchy?
- Am I sitting, lying down, leaning, or on my knees?
- Is this food spicy, salty, sweet, sour, bitter, or plain?
- Do I feel hot, warm, cold, or “just right?”
- What sounds do I hear?
- Is it loud, quiet, non-stop, or something else?

When you answer yourself, pay attention to each feeling and ask yourself another question. Is it a good feeling or a bad feeling?

There are no right or wrong answers. Only **you** know how and what you are feeling, and if that feeling is good or bad.

Tracking means paying attention to what is happening in your mind and body.
It also means figuring out if those things are good or bad feelings.

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