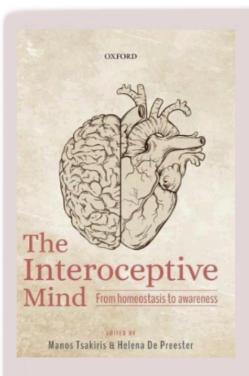
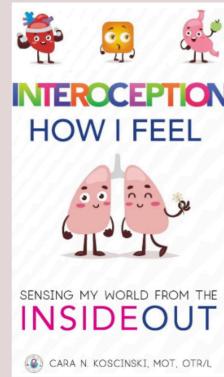
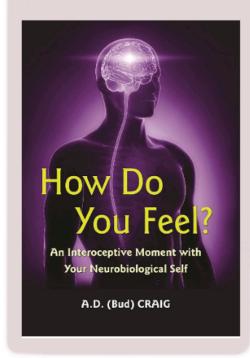
Adult Interoception Text & Video Set

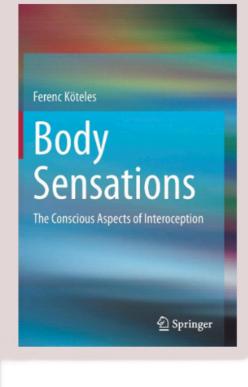
Interoception

The sense that allows us to notice the signals & sensations from inside our body.











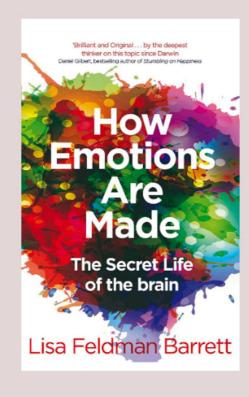
Reflection: How can you use this set to learn about interoception, sensations, body signals, and the brain-body link so that you can model and teach others to notice their sensations and body signals; build their vocabulary for sensations and body signals, and attribute their sensations and body signals to emotions and bodily states so they can notice, name, and navigate their feelings and bodily states.

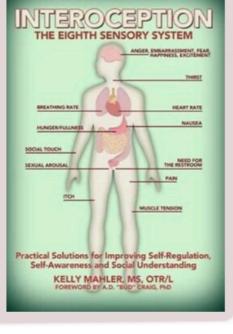
NIHAN ALTINSOY MARUN, PH.D. Interoceptive Interoception and Regulation EFFECTIVE SELF BY IMPROVING YOUR INTEROCEPTION AND MICROBIOME

HOW TO BECOME YOUR MOST

'isceral

Oliver G. Cameron

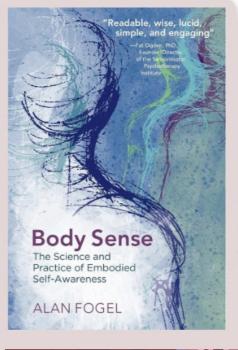






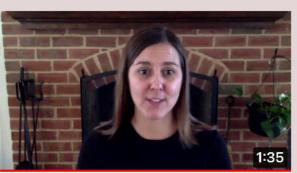
What is a Text/Video Set?

A collection of texts or videos organized for a specific purpose to develop knowledge in a concept, theme, or conceptual concept





What is Interoception? Embodied Philosophy · 22K views



How I Feel: Making Sense of **Emotions Through Interocep...** Kelly Mahler · 12K views · 4 years



What is Interoception? -Science, Simplified Scripps Research · 4.9K views · 1

year ago



The science inside our hearts and minds | Dr Sarah Garfink... TEDx Talks · 15K views · 4 years



TED* Interoception: Our Real-Life Superpower | Carrie DeJong... TEDx Talks · 1.6K views · 5 months



You might also like this

Science Bulletins: Mapping Emotions in the Body

American Museum of Natural History · 243K views · 8 years ago

Interoception is a way of monitoring ourselves so that we can ease the felt pain, expand the felt joy, and make sure that we get the resources needed in any given moment."

Alan Fogel

