

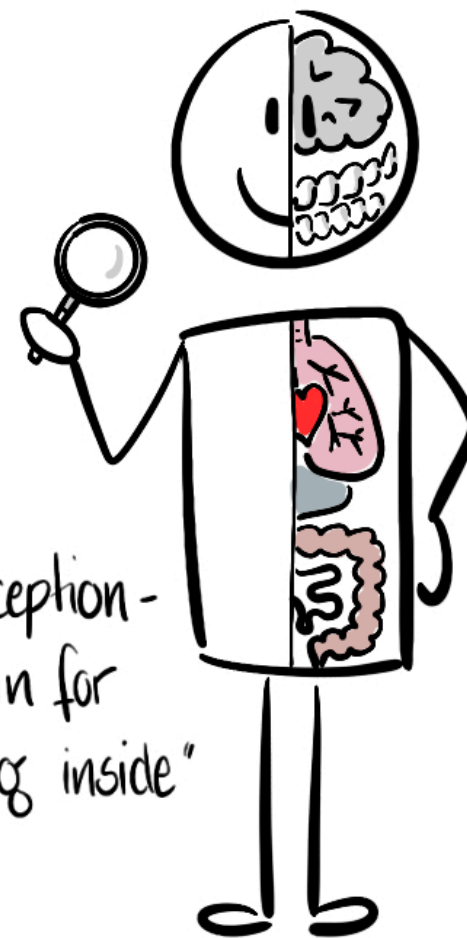
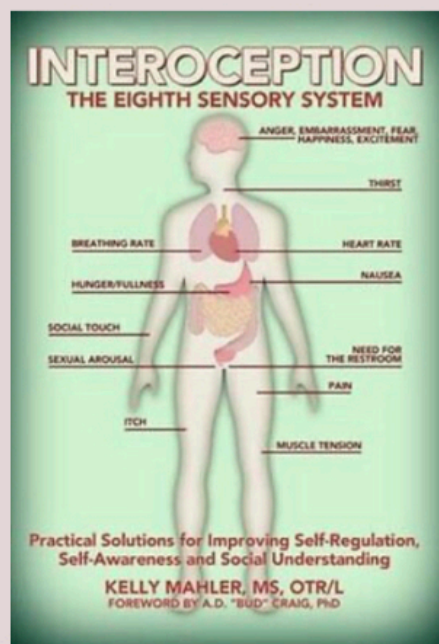
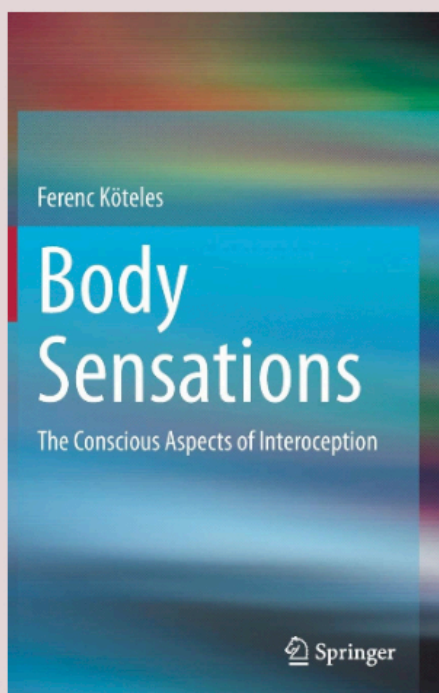
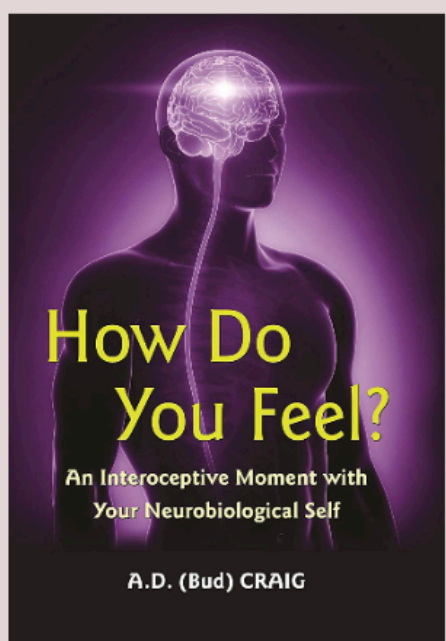
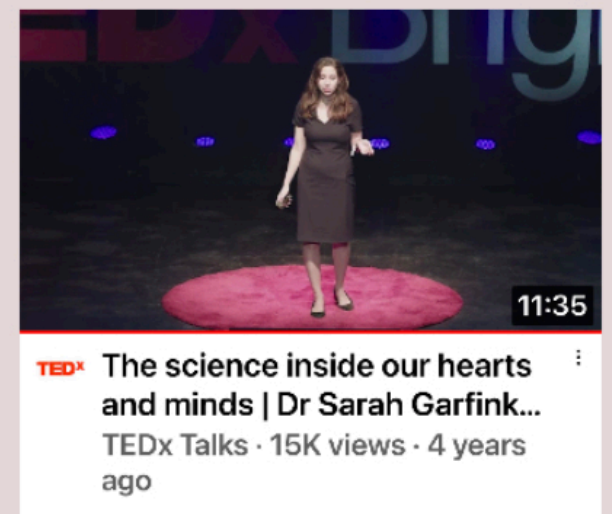
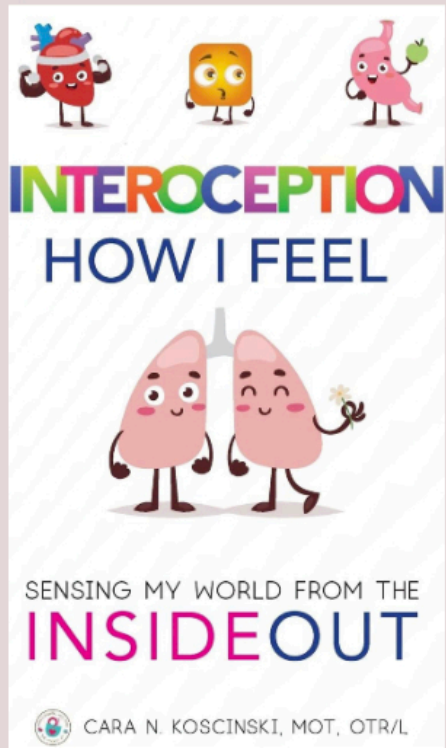
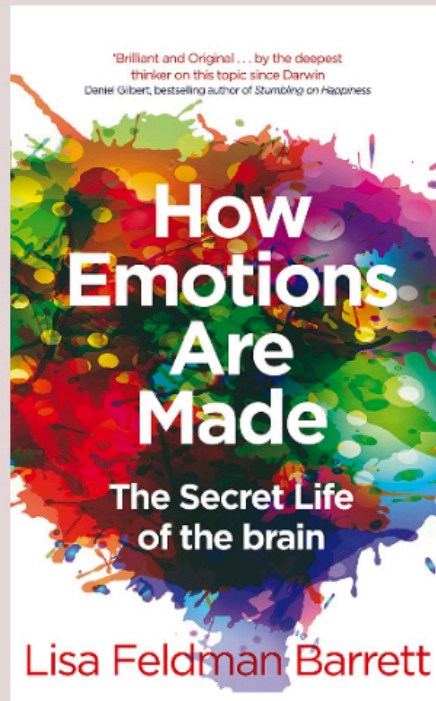
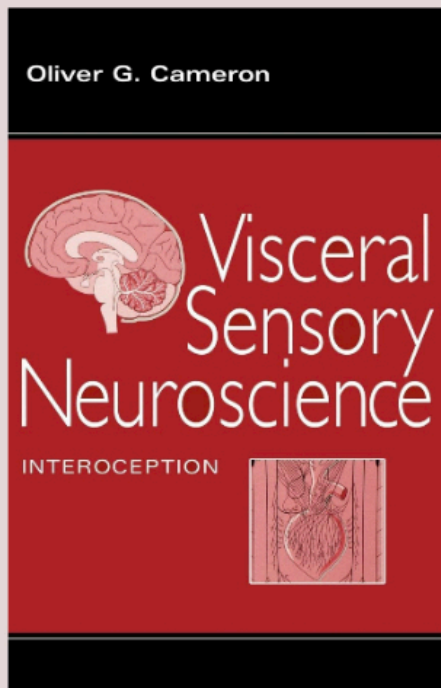
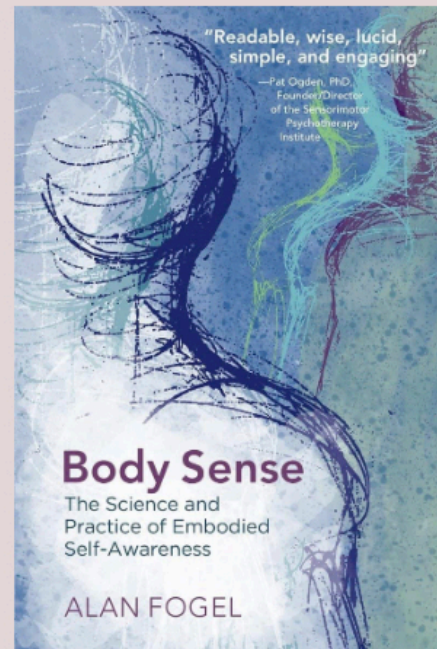
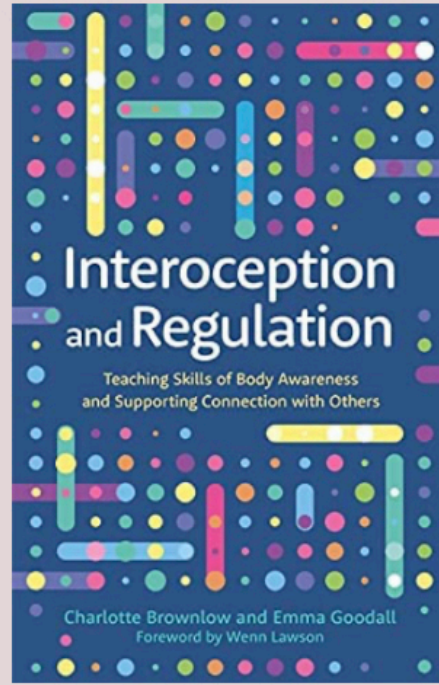
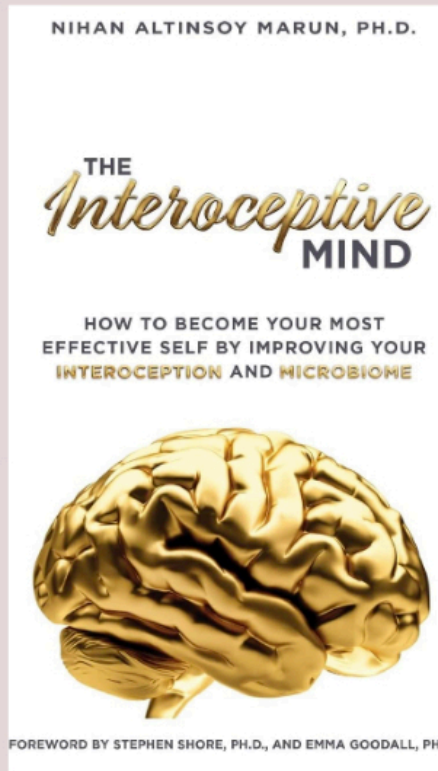
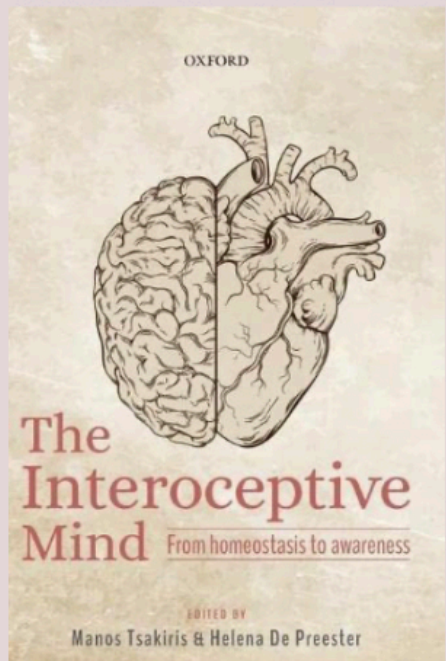
Adult Interoception Text & Video Set

Interoception

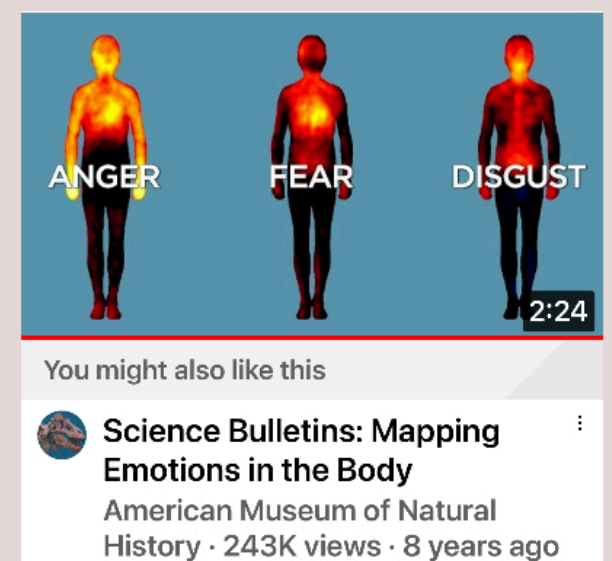
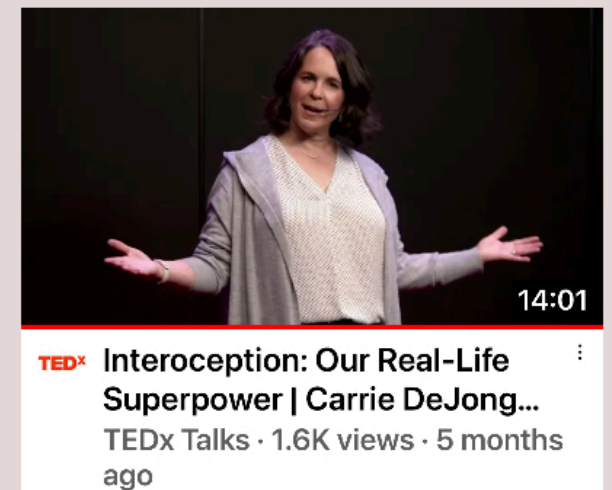
The sense that allows us to notice the signals & sensations from inside our body.

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



Interoception - Latin for "Looking inside"



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.

"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