



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

The category of common sensations:

- Tender
- Sensitive
- Bruised
- Achy
- Sore
- Tense
- Tight
- Nauseous

Sensations that just won't stay still:

- Shaky
- Trembly
- Throbbing
- Pounding
- Fluttery
- Shivery
- Queasy
- Wobbly
- Bubbly
- Dizzy
- Spacey
- Breathless

Sensations that have a nerve-quality:

- Prickly
- Electric
- Tingling
- Nervy
- Twitchy



- Burning
- Radiating
- Referring
- Buzzy
- Itchy

The *Ugh* and *Blah* Category:

- Wooden
- Congested
- Dull
- Dense
- Frozen
- Icy
- Disconnected
- Thick
- Blocked
- Contracted
- Heavy
- Suffocated
- Cold
- Numb
- Closed
- Dark
- Hollow
- Empty

The 'Feel Stabby Much' List:

- Tense
- Tight
- Constricted
- Clenched
- Knotted
- Hot
- Full
- Sweaty

Sensations that often signal wellbeing and vitality:

- Calm
- Energized
- Smooth
- Streaming



- Warm
- Cool
- Relaxed
- Open
- Light
- Spacious
- Airy
- Releasing
- Expanded
- Expansive
- Flowing
- Floating
- Fluid
- Draining