

Interoceptive Exposure Activities

The following activities are designed to move your attention to uncomfortable feelings or body sensations. Notice any thoughts, feelings or sensations that are similar to your experience of anxiety or your focus on health worries. These activities are designed to bring on and help normalise typical body sensations. **Please note:** these exercises should not be conducted if you have an underlying health condition or a diagnosed medical problem. consult your doctor if you are unsure.

Activity	Sensations & Thoughts What did you notice in your body? What went through your mind?	Anxiety Rate 0-100%
Breathing Over-breathe Breathe forcefully, fast and deep – 1 minute		
Breathe through a straw Hold your nose and breathe through a drinking straw – 2 minutes		
Hold your breath – 30 seconds		
Physical Exercise Run quickly on the spot Lift your knees high – 2 minutes		
Step up and down on a step; hold on to the handrail for balance – 2 minutes		
Tense all body muscles – 1 minute		
Spinning & Shaking Spin while sitting in an office chair as fast as you can – 1 minute		
Spin whilst standing; leave yourself enough space & have a place to sit after – 1 minute		

Shake your head from side to side; then look straight ahead. Keep your eyes open. – 30 seconds		
Head-Rush Put your head between your legs then sit up quickly – 1 minute		
Lie down & relax for at least one minute then sit up quickly – 1 minute		
Unreality Stare at yourself in a mirror without blinking – 2 minutes		
Stare at a blank wall Concentrate hard without blinking – 2 minutes		
Stare at a fluorescent light and then try to read something – 1 minute		

Learning

What did I learn about the relationship between physical sensations, thoughts and feelings.