

# BODY SWEEP PRACTICE

*Practices that support safety, care, and resilience*

## SUMMARY

This practice was shared by Anna Olik during the Alaska Blanket Exercise in November, 2019 at the Alaska Native Medical Center. This practice was passed on to Anna by her mom, Elizabeth Olik of Pilot Station. The Body Sweep was practiced by Elizabeth Olik each morning as a ritual to start the day. Anna gave permission for this practice to be shared and used by others. It has been adapted to help participants release from any tension that may arise during the workshop.

### 1. GATHER

Pause and gather yourself by bringing your attention to your body.

*"Pausing, I am aware that I am in my body."*

### 2. SWEEP

Beginning with your feet, use your hands to "sweep" your body. Gradually make your way up your body, sweeping both the front and back of each body part. End with your head, taking care to sweep your eyes, ears, nose, and mouth.

*"Sweeping my body, I cleanse my body."*

### 3. RELEASE

After finishing the sweep, gather the invisible tension and release them out a window or door.

*"I now release my tension."*

### 4. DWELL IN THE FEELING

Spend a few breaths recognizing any feelings or sensations.

*"Releasing my tension; I can move forward."*