

BY KAROLINA WARGIN



SENSING CIRCLE

A COMMUNITY OF HIGHLY SENSITIVE WOMEN

handbook

*to feel light
& inspired*

SENSINGCIRCLE.COM



hello!

Thank you so much for joining the first workshop of Sensing Circle. I hope you left feeling inspired and relaxed. I was so inspired by our time together that I created this small handbook as a reminder of the practices we shared.

Whenever stress and overwhelm creep in, you can revisit these exercises to help ease tension in your mind and body.

Enjoy, and take care!

— *Karolina Wargin*

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about SENSING CIRCLE

SENSING CIRCLE IS DEDICATED TO CREATING SAFE SPACES WHERE HIGHLY SENSITIVE AND EMPATHIC WOMEN CAN FIND SUPPORT AND CONNECTION WITHIN A LIKE-MINDED COMMUNITY.

If you...

- feel **overwhelmed** by life's demands, leading to a need for a break, **chronic fatigue, and difficulty setting boundaries** to protect your well-being.
- feel **different or misunderstood** by others due to your sensitivity, struggling to find a support system or community that truly understands and honors your needs.
- are seeking new ways to **slow down and prioritise self-care**, looking for tools to address persistent body pain, high sensitivity, and difficulty expressing your needs.

...then this is the right place where your transformation can begin!





with

SENSING CIRCLE

You will...

- **regain balance** and feel more in control, with healthy boundaries and stress management skills, leading to increased energy and renewed purpose.
- **enhance your well-being** by adopting practical self-care tools to reduce pain and boost body awareness, enabling you to live more mindfully.
- **express your authentic self** by gaining confidence to prioritise yourself, express your needs, and align with supportive environments, fostering deeper fulfillment and connection.

Let's begin with this Sensing Journey together!



LET'S START...
Setting your intentions

MY THREE INTENTIONS FOR MY SENSING JOURNEY ARE...

01

02

03

DAILY AFFIRMATIONS THAT CAN SUPPORT ME:

I WILL INCORPORATE THESE PRACTICES...

(Example: Once a week on Saturday morning or every night 15 minutes before going to sleep, etc.)



WHEN I FEEL OVERWHELMED...

Self-care checklist

MORNING SELF-CARE

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-
-

AFTERNOON SELF-CARE

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EVENING SELF-CARE

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Grounding meditation

5 – 15 minutes

1. Find a quiet place where you can **stand comfortably with your eyes closed**, keeping your spine straight and relaxed. Make a few gentle movements to release tension, then take **three deep breaths**: inhale through your nose, exhale through your mouth.
2. Find stillness and **focus on your feet**, feeling their connection to the ground. Notice the sensations beneath you, allowing your **legs to grow heavier** as you relax your hips, pelvis, lower back, and belly.
3. Shift your focus to your **chest and upper back**, using your breath to release tension. Let your **shoulders** drop, feeling their weight, and notice the gravitational pull on your **arms**.
4. Relax your **neck, head**, and soften every muscle in your **face**. Take a moment to feel your entire body, relaxed and **gently pulled by gravity**.
5. When you're ready, take **three breaths**, slowly moving your body. Gradually open your eyes, feeling refreshed and grounded.

TIP: You can also try this while walking barefoot in the grass.



Belly breathing

3 – 15 minutes

- 1.** Settle into a comfortable seated or lying position in a quiet space, and gently close your eyes, keeping your spine straight. Place one hand on your chest and the other on your belly, just below your ribcage.
- 2.** Begin by tuning into your natural breath, noticing the movement of your chest and belly. As you inhale deeply through your nose, focus on expanding your belly, allowing it to rise under your hand while keeping your chest still. Exhale slowly through your nose, feeling your belly contract.
- 3.** Continue this pattern, letting your breath deepen and soothe your mind. If your thoughts wander, gently refocus on the rise and fall of your belly.
- 4.** After a few minutes, return to normal breathing, slowly open your eyes, and bring your awareness back to your surroundings, feeling relaxed and centered.





4-7-8 breathing

5 – 15 minutes

- 1.** Find a comfortable place to sit or lie down, and gently close your eyes, keeping your spine straight and relaxed. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there throughout the practice.
- 2.** Begin by exhaling completely through your mouth, making a whooshing sound. Close your mouth and inhale quietly through your nose for a count of 4. Hold your breath for a count of 7, allowing the breath to fill your lungs. Then, exhale fully through your mouth with a whoosh for a count of 8.
- 3.** This completes one cycle. Repeat the cycle three more times, inhaling for 4, holding for 7, and exhaling for 8. Keep your breath smooth and steady, allowing your mind to focus on the rhythm of your breathing.
- 4.** As you continue, notice how your body and mind begin to relax with each cycle. If your mind wanders, gently bring your focus back to the count and the sensation of your breath.
- 5.** When you're ready to finish, take a few normal breaths, slowly open your eyes, and return your awareness to your surroundings, feeling calm.



Shaking

2 – 5 minutes

1. **Stand comfortably** with your feet shoulder-width apart and knees slightly bent in a quiet space. Close your eyes if comfortable, and take a **few deep breaths**, inhaling through your nose and exhaling through your mouth.
2. Begin **gently shaking your body**, starting with your hands and arms, letting the movement spread to your shoulders, chest, and back.
3. Extend the shaking to your hips, legs, and feet, keeping your **movements loose and relaxed** to release tension.
4. Focus on the **sensations in your body** as you shake off stress and tension.
5. Gradually **slow down**, take a few deep breaths, and when ready, open your eyes, feeling refreshed and energised.





Intuitive drawing

5 – 15 minutes

Materials: A4 paper or notebook and coloured pastels

1. Find a comfortable space where you can sit with your drawing materials in front of you. Take a few deep breaths, inhaling through your nose and exhaling through your mouth, allowing yourself to relax.
2. Close your eyes for a moment and focus on your breath, letting go of any expectations or judgments. Allow your mind to clear, creating a calm space for creativity.
3. Open your eyes and pick up your drawing tool. Without overthinking, begin to draw whatever comes to mind. Let your hand move freely across the paper, allowing shapes, lines, and patterns to emerge intuitively.
4. As you draw, focus on the sensations and emotions that arise, letting them guide your movements. There's no right or wrong—simply allow your creativity to flow without hesitation.
5. Continue until you feel ready to stop. Take a moment to observe your drawing, noticing any thoughts or feelings it evokes. When finished, take a few deep breaths, and reflect on the experience, feeling a sense of release and connection to your inner self.





join us

Opening Circle Ceremony

January 25, 2025

Joining Sensing Circle Community means:

- 🌸 Feeling **energized and confident** in prioritizing your needs.
- 🌸 Knowing how to care for yourself and **thrive as an HSP**.
- 🌸 Building **meaningful connections** in a supportive community of women just like you.

[Book your spot for free](#)

Limited availability!

Thank you!

Are you excited to continue working together?

Let's explore the best options for you!

[Book a Free Discovery Call](#)



let's connect

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