

## Sensation Mapping Task

Welcome to our activity where you'll explore how you feel in different university-life scenarios.

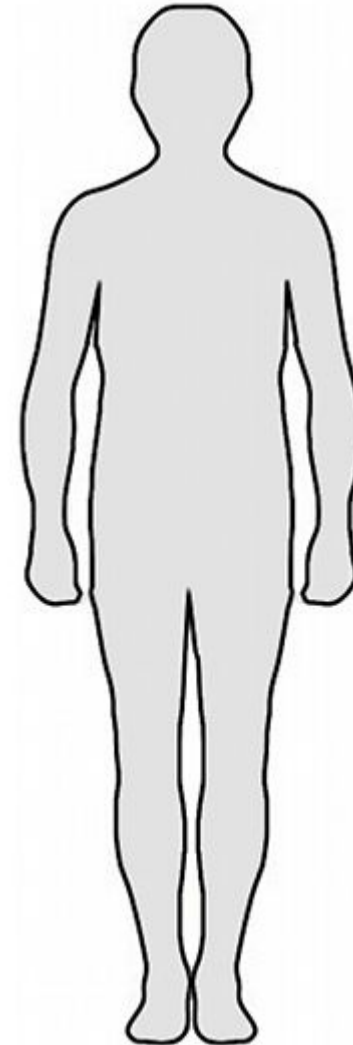
In this exercise you'll tell us about the feelings in your body during certain situations typical in a University setting.

We're interested in any changes you notice in how your body feels when you think about these scenarios.

When we talk about 'physical sensation', we mean the actual places in your body where you feel something. Like a headache would be in your forehead, or if you're nervous and your heart's beating fast, that's in your chest. And when it's super chilly, your fingers might feel numb.

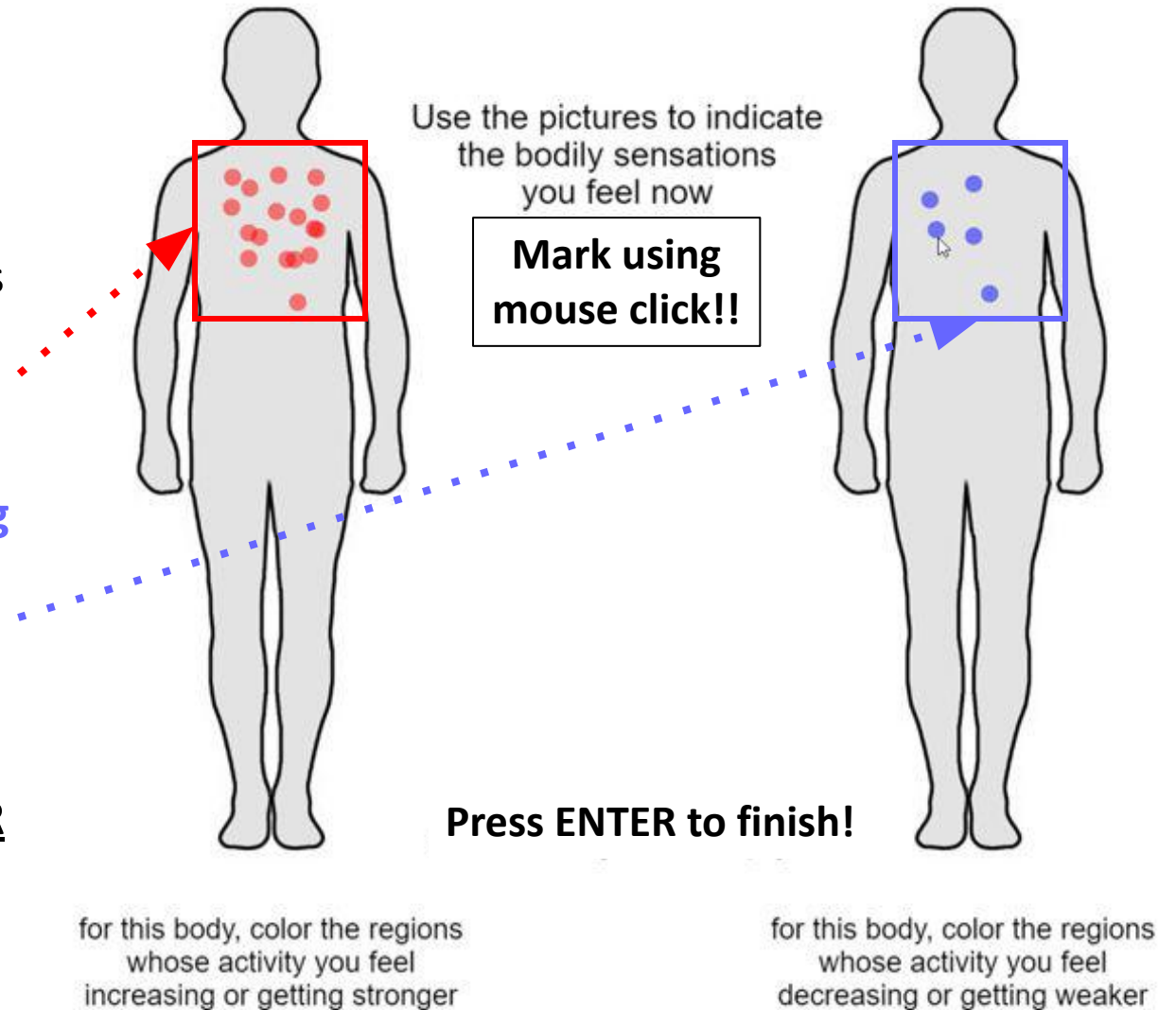
It's all about connecting the dots between what happens around you and what you feel inside.

Let's get started!



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- You can mark the change of your bodily sensation by **mouse click** on the body picture
- In the **left body**, you can check the regions whose **activity you feel increasing** or getting stronger. It will be marked as a **red** circle.
- In the **right body**, you can check the regions whose **activity you feel decreasing** or getting weaker. It will be marked as a **blue** circle.
- If you click SPACE, all marks will be removed from the figure, and you can **restart** marking
- When you finish marking, press the **ENTER** key.



## **Sensation Mapping Task**

Picture yourself in each situation and notice where and what you feel in your body.

Remember, there's no right or wrong here. Your feelings are your own, and all of them are valid.

Don't rush through it. Make sure what you tell us matches what's going on in your body when you think about these scenarios.

We're not just looking for the big reactions. Even the small or quiet feelings matter. Whatever you notice, we want to know.

Lets see what your body has to say!

