

Body Check-In

Noticing how my body feels right now ♥

When I use this:



Date: _____

Time: _____

Where I am: _____



There are no right or wrong answers.
This is about noticing, not changing.
You can write, point, draw or use words.



What thoughts are in my brain?

What am I thinking about?



How is my posture?

What is my body position like?
e.g. upright, slouched, curled up



How tense or relaxed are my muscles?

Where do I notice tension or tightness?
Where do I feel relaxed?



Do I feel pressure anywhere?

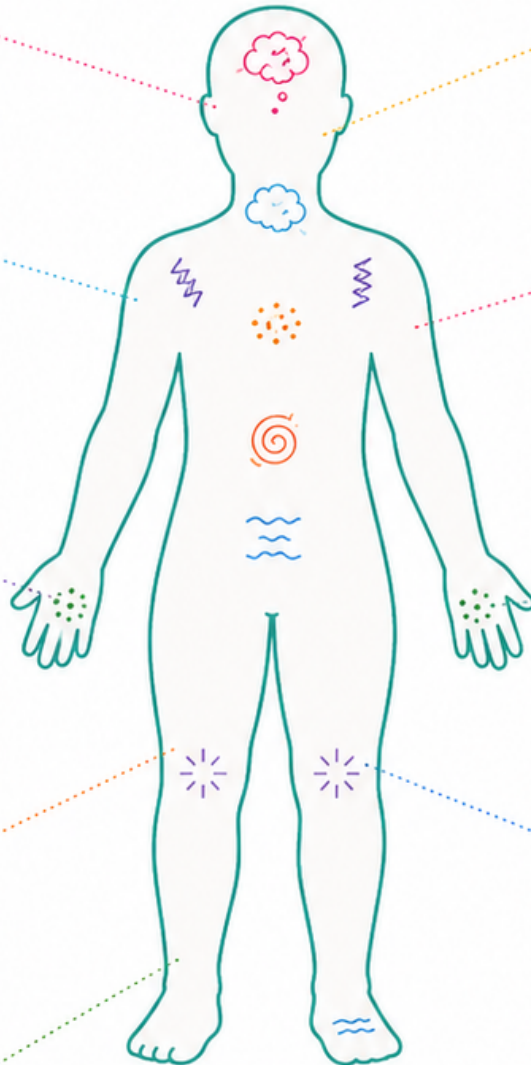
Is there pressure, tightness or heaviness anywhere?



How are my hands?

Are my hands...
still / shaking / clenched /
sweaty / warm / cold

What am I noticing right now?



Body temperature

Do I feel hot, cold or somewhere in between?

Where do I feel heat or cold in my body?



My skin

Do I notice anything on my skin?
e.g. goosebumps, tingling, itchy, sweaty, dry



What does my tummy feel like?

Is my tummy...
soft / hard / tight /
fluttery / bloated /
uncomfortable / calm



How am I speaking?

Is my voice...
fast / slow / loud /
quiet / high pitched /
low / shaky

How would I describe my overall feelings right now?



Calm



Okay



Worried



Overwhelmed



Irritated



Numb

Or use your own words:



Anything else I want to notice?

Is there anything else in my body I want to check in with?



Pocket Thought ♥

Noticing is a powerful first step.
Even small awareness can support change.
Be kind and patient with yourself. ♥

What might help right now? ♥

From your check-in, what might your body, senses or brain need right now?



You don't have to do this alone. Support is available. ♥

