PRACTICE

The Body Check-in

Curated by Simon De Los Rios

WHO IS THIS FOR

You have spent years managing your emotions instead of feeling them, and you have lost touch with what your body is telling you.

PAIN

Running on autopilot until stress, exhaustion, or a bigger break shows up and forces you to pay attention.

SOLVES

Reconnects you with physical signals your mind has been overriding, so you catch what is going on before it catches you.

TOPIC

BURNOUT & OVERWHELM | LIFE & MEANING

READ TIME	TIME REQUIRED	WHAT YOU NEED
2 minutes	15 to 20 min	notebook, pen, a place where no one will interrupt you

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Sit and settle

Sit somewhere comfortable. Close your eyes or soften your gaze. Take three slow breaths, nothing fancy, just enough to leave the pace of the day behind.

- *What is my breathing like right now, fast, shallow, held?*

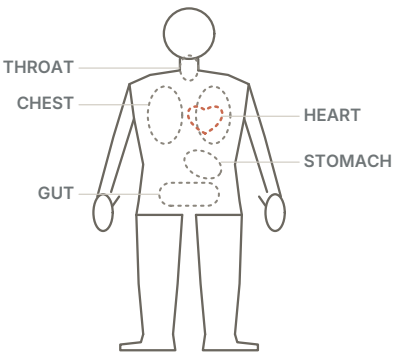
Step 2: Scan without fixing

Set a timer for 5 minutes. Move your attention slowly from your head to your feet. Notice tension, tightness, warmth, heaviness, anything at all. You are not trying to change it, only to notice it.

- *Where in my body am I holding something right now?*
- *If that feeling could speak, what would it say?*

Step 3: Name what you find

Open your eyes. Mark on the body where you noticed something, and write what you noticed in the table. Do not analyze it yet, just describe it plainly.



WHERE IN MY BODY	WHAT I NOTICE, AND A WORD FOR IT

- *What word best describes what I felt?*
- *Have I felt this before, and when?*

Step 4: Ask what it needs

Read what you wrote. For the strongest sensation you noticed, ask what it might be asking for.

- *What is this feeling asking me to pay attention to?*
- *What is one small thing I could do today in response to it?*

BEFORE YOU CLOSE THIS

Do the one small thing from Step 4 before tonight.

CONTINUE WITH

Performing Well, Feeling Off, if what your body is telling you does not match how things look on the outside, this practice helps you name it.

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