

The Body Check-in

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone who has spent years managing their emotions instead of feeling them, and has lost touch with what their body is trying to tell them.

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
2 minutes

TIME REQUIRED
15–20 min

WHAT YOU NEED
notebook, pen, quiet space

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

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 and write down what you noticed. Do not analyze it yet, just describe it plainly.

- 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?

Example. Jane answered every question in her first session with precision, sharp analysis, a clear plan for everything except herself. When asked where she felt the stress of the last six months, she paused for the first time in forty minutes. She scanned her body and found it in her jaw and her shoulders, tight, like she had been bracing for something. She wrote it down: "tension, like I am waiting for bad news." When she asked what it needed, the answer surprised her, it was not more planning. It was rest she had been postponing for a year. She booked a weekend off that same day.

BEFORE YOU CLOSE THIS

You do not need to solve what you found today. Noticing it is the work.

CONTINUE WITH

Performing Well, Feeling Off, if what you noticed in your body points to a bigger gap between how things look and how they feel, this practice helps you name it.

Curated by: Simon De Los Rios

Source: SDLR (original)