

Journal Prompts: Body Awareness

1. How does your body feel right now? Take a few deep breaths and scan for any tension.
2. What physical sensations do you experience when you're anxious, stressed, or relaxed?
3. Write about a time when you felt deeply connected to your body. What were you doing?
4. How does your body respond when you're in a difficult emotional state?
5. What are some things you can do today to show your body care and appreciation?
6. How does movement, like stretching or walking, make you feel physically and emotionally?
7. What signals from your body do you tend to ignore, and what are the consequences?
8. How does your body feel after a good night's sleep?
9. What self-care routines do you have to nurture your body's well-being?
10. Reflect on a time when your body gave you an important signal (e.g., fatigue, pain, stress). How did you respond?