

What Your Body Does First

Notice the early signs your body gives you, so you can catch them sooner.

WHEN TO USE THIS

Use this on a day your body felt tight, jumpy, or heavy and you are not sure why.

Skip any part of this. You can stop whenever you want, or fill it in with someone you trust.

Draw a rough outline of a body. Mark where you feel it most today.

Stick figure is fine. No one else has to see it.

What your body does, and what was going on right before.

WHAT MY BODY DOES

WHAT WAS HAPPENING

What has helped your body settle, even a little?

Your body noticed something. You do not have to explain it to take care of it.