

Where You Feel It in Your Body

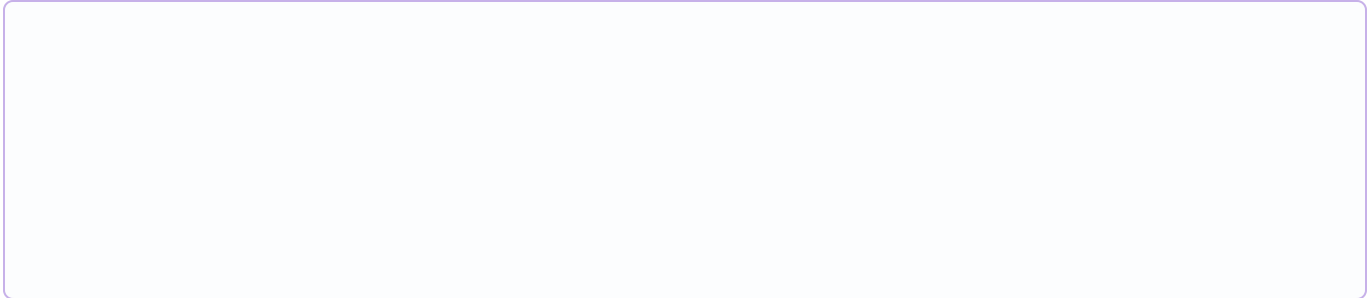
Notice what grief has been doing to your body, not only your thoughts.

WHEN TO USE THIS

Use this on a day your body feels heavy, sore, or strange and you cannot say why.

Draw a rough body. Mark where you feel it today.

A stick figure is fine. Shade the heavy places.



What has your body been doing lately?

- ☐ Tight throat
- ☐ Aching or heavy chest
- ☐ No appetite, or eating anything to hand
- ☐ Tired in a way that sleep does not fix
- ☐ Headaches
- ☐ Jumpy, cannot sit still
- ☐ Catching every bug going
- ☐ Nothing at all, numb

How heavy does your body feel today?

0	1	2	3	4	5	6	7	8	9	10
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Light enough

Like walking through water

What has helped your body, even for an hour?

Food, a walk, a hot shower, lying down without guilt.

Grief lands in the body. Looking after yours is not a distraction from it.