

JOURNAL PROMPTS

FOR BODY AWARENESS #2

FOCUS ON THE AREA OF YOUR BODY THAT FEELS TENSE OR UNCOMFORTABLE.

What is your body trying to tell you? Why does it feel this way? Ask the area what you need to do to make it more comfortable. How can you nurture it better in the future? Then, take a deep breath in, and as you breathe out, imagine the breath going directly to the area that is uncomfortable. Repeat this action several times, noticing how it feels. It might help you to touch the area gently since that can help focus the breath. Stop when you've had enough. Remember what your body told you it needed to help alleviate tension by writing it down.

