

Stress: Where I Feel It in My Body

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

Where do I notice stress first?

What happens to my breathing?

What happens to my muscles or posture?

Do I notice headaches, digestive changes or other sensations?

What happens to my sleep or energy?

Which situations create the strongest response?

What helps my body settle afterwards?

An early stress signal I want to recognise is...