

**MIND • BODY • FOOD**

**BODY CHECK-IN**

# **Am I Tense?**

Use a short body scan to notice and soften tension

Tension can build quietly and affect breathing, comfort, digestion and appetite. This exercise helps you notice it without demanding complete relaxation.

**Space to Breathe Therapy**

## Understanding this check-in

Tension can build quietly and affect breathing, comfort, digestion and appetite. This exercise helps you notice it without demanding complete relaxation.

### What may be happening

- Muscle tension is a common response to concentration, stress, pain or sensory overload.
- A body scan gathers information; it does not require you to relax on command.
- Small adjustments can be meaningful even when tension remains.

### A low-pressure approach

Pause without trying too hard. Notice what is present, choose “unsure” whenever that fits, and let the answer be information rather than a judgement. You can stop or adapt the exercise at any time.

## Try this

### A short body check-in

- 1 Notice your jaw, shoulders, forehead, stomach, hands and legs.
- 2 Rate your overall tension from 0 to 10.
- 3 Try one change: unclench, reposition or take a slower breath.
- 4 Rate again and record any difference, including no change.

### Notice, do not test yourself

There is no correct sensation, score or response. Your body may communicate differently at different times. Record what you notice and leave space for uncertainty.

# Your Body Check-in

**Where I noticed tension**

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**My first rating /10**

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**The small change I tried**

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**My second rating /10**

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**What felt different**

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**What support might help**

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## A supportive reminder

Aim for a little more comfort, not a perfectly relaxed body. Stop any movement or breathing exercise that feels painful, dizzying or unsafe.