Full Body Awareness

Alexandra Zareth

Nervous System

- □ Felt fatigued
- □ Felt wired, hyper-alert, or “on edge”
- □ Dizzy, lightheaded, or off-balance
- □ Felt disconnected, foggy, or “checked out”
- □ Heart racing, fluttering, or pounding
- □ Felt shaky or “humming” inside
- □ Sudden waves of tension or relaxation
- □ Difficulty concentrating

Emotional Signals

- □ Tightness in the chest
- □ Heavy feeling in the stomach
- □ Lump in throat
- □ Sudden tears
- □ Irritability or frustration showing up as body heat or tension
- □ Numbness — emotional or physical

Breathing Patterns

- □ Shallow breathing
- □ Holding your breath without noticing
- □ A big spontaneous exhale
- □ Felt short of breath (when not exerting oneself)
- □ Deep, grounding breaths that surprised you

Sensory & Vision

- □ Blurred or double vision
- □ Difficulty focusing visually
- □ Sensitivity to light or sound
- □ Noticing sudden loud noises more intensely
- □ Feeling visually “spacey” or far away

Muscles & Movement

- □ Stiffness or tension in neck, shoulders, jaw
- □ Clenching (jaw, fists, toes)
- □ Restlessness — needing to pace, tap, etc
- □ Felt slowed down, heavy, or sluggish
- □ Sudden bursts of energy
- □ Stretching, yawning, or shaking things out

Cognitive Disconnection

- □ Forgetting conversations or details
- □ “Losing time” or feeling spaced out
- □ Difficulty organizing thoughts
- □ Getting overwhelmed by small tasks
- □ Feeling like you are watching yourself from the outside

Digestion & Appetite

- □ Nausea or unsettled stomach
- □ Hunger disappearing
- □ Emotional eating or craving comfort foods
- □ Forgetting to eat
- □ Feeling bloated, cramped, or tight
- □ Changes in bowel patterns
- □ Increased hunger or thirst
- □ Dry mouth or changes in saliva

Temperature | Skin Sensations

- □ Cold hands or feet
- □ Feeling overheated suddenly
- □ Sweating without physical exertion
- □ Tingling or pins-and-needles sensations
- □ Sensitivity to touch or pressure
- □ Feeling numb or “far away”
- □ A desire to be wrapped, held, covered, or grounded

Heart, Mood & Social Energy

- □ Anxiety, worry, or racing thoughts
- □ Feeling flat, numb, or indifferent
- □ Sudden sadness
- □ Feeling tender, open, or emotional
- □ Desire to isolate or withdraw
- □ Craving connection or closeness
- □ Feeling touched, inspired, or grateful

Nourishment & Care Patterns

- □ Drank enough water
- □ Took a break when tired
- □ Reached out for support
- □ Ignored a need (e.g., bodily, boundaries)
- □ Took in something beautiful (e.g. nature, art)
- □ Grounding practice (e.g., breath, stretch

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