

LISTEN TO YOUR BODY

Have you ever felt butterflies in your stomach before a big presentation, had your jaw clenched when stressed, or felt your blood boil when you were angry?

We often reduce our emotions to something that we are feeling mentally. But the truth is that emotions are sneaky – they don't just show up in our thoughts, they can take hold in our bodies, too!

Understanding how our emotions show up in the body can help us become more aware of them. This, in turn, helps us deal with situations and communicate our needs in a healthier manner.



This worksheet is your guide to recognizing how emotions show up in your body.

Step 1- Think of a difficult situation you have been facing and write it down.

For example: a job loss, break up or a recent heated argument

.....

.....

.....

.....





Step 2- Write down what emotion(s) you are feeling right now.

.....

.....

.....

.....



Step 3- Then, take a moment to notice how the emotions are showing up in your body. Are there any particular sensations you notice?

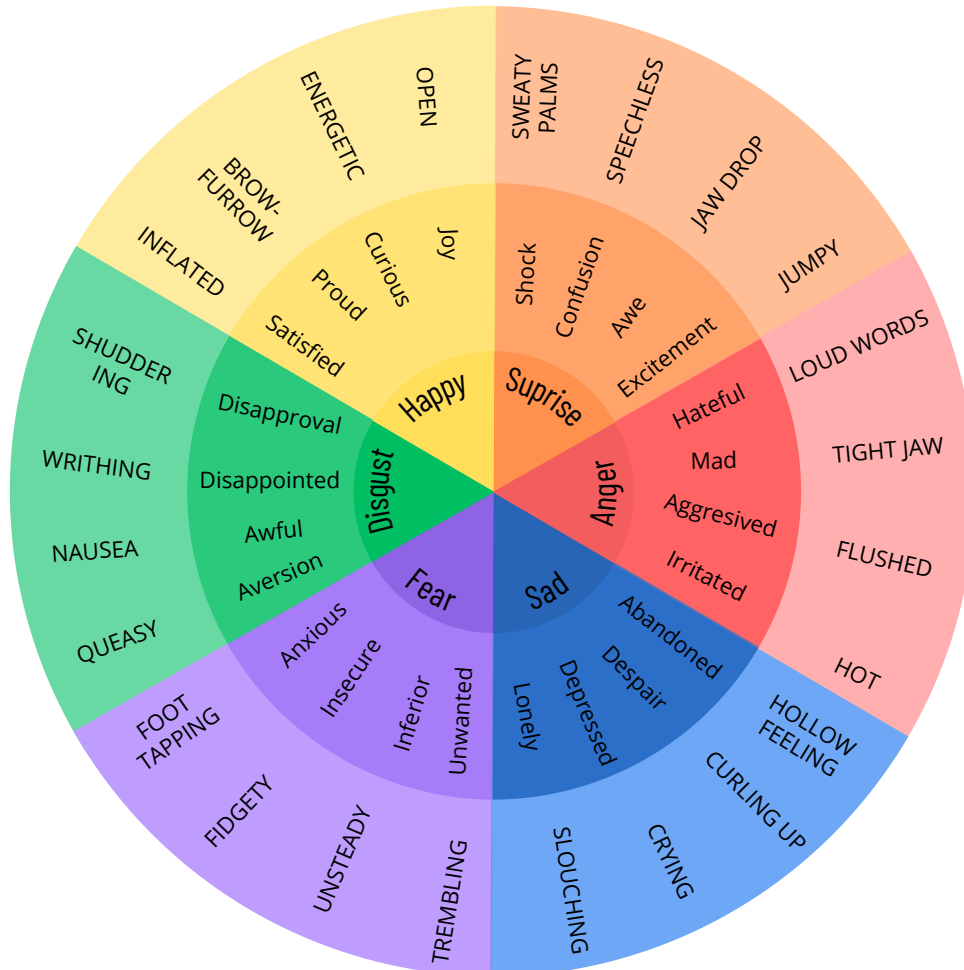
You can use the emotions-sensations wheel below to better understand which emotions and sensations you're feeling.

.....

.....

.....

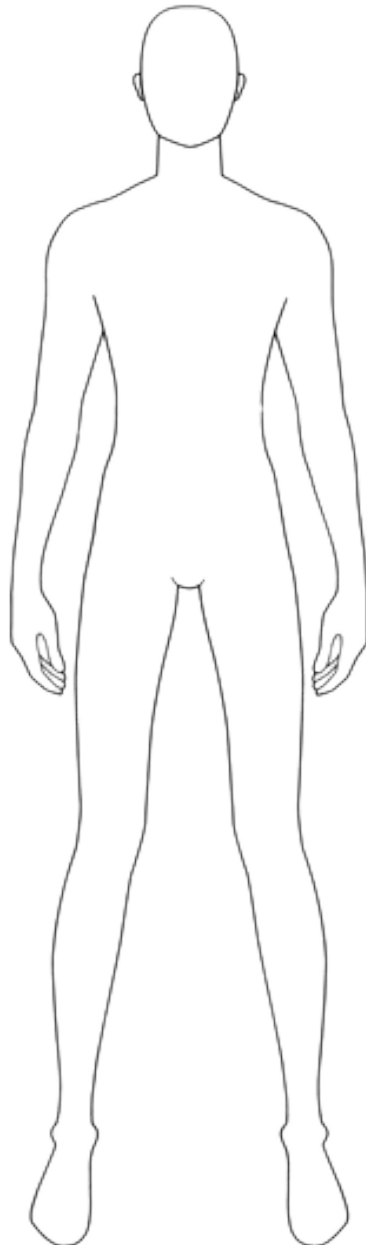
.....



Step 4- In the body map presented below, mark where these sensations are showing up for you

For example: If you feel your toes are trembling or feel light in your forehead, mark the respective body parts in the outline below.





We have the power to manage our emotions, but it's hard to manage what you don't recognize. By pinpointing where emotions show up physically, you can become more aware of yourself and choose healthy ways to deal with them.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

