JOURNAL OBSERVATIONS: BODY TENSION

Scan your body and notice where you are tense.

Where do you hold tension? In your neck? Shoulders? Jaw? Forehead? Fingers? Feet?

When you notice that you are tense what are you thinking or feeling? Have you drifted off into the past or worrying about the future? Are you feeling anxious about an upcoming test? Record your observations below.

As you record your observations, release any tension your are holding by breathing and grounding.