



BODY CHECK-IN

Practice Details...

The Key

By reducing stress and moving from a place of peace you make better decisions, increasing your sense of confidence and mental clarity.

Required

Compassion and a few minutes a day to practice the body check-in, learning how your body feels when stressed.

When to practice

The moment you feel anger or stress. Take a time out and see where in your body you feel the anger or stress.

When you have a big decision to make. Where are you feeling anxious?

Practice with the small, irritating events in your life. Then it will be easier to catch the cues when a bigger stress event happens.

Every so often use the body check-in when you feel at ease just so you know how that feels too.

Have you ever been in a situation where the stress was so high you could hardly make a decision? Or maybe your anger level was at a 10 and you couldn't think straight?

With this technique, called the Body Check-in, it will help you become aware of how you are feeling especially when faced with a challenging situation. It works because you take a pause and then you respond to the situation from a calmer state of being.

If we look at anger for example on a scale of one to ten where you are infuriated and feeling a ten, this practice can help you move that feeling down to an 8 and over time you won't even get to the 10 much less the 8!

In this practice we will look at the body in three sections—physical, emotional, and mental. The first step is to become aware of how each one feels when you are stressed and where you hold tension, like a clenched jaw. Over time you will learn to take action to reduce tension, like unclenching that jaw, keeping you low on the stress scale. When you feel less stressed you will start taking action from a place of peace. Like Ed did when rewriting his brother.

There are many versions of this practice but the most recent one I've found comes from Bari Tessler's book, *The Art Of Money*. She suggests, "You might spend the relaxing 10 minutes doing this, or twenty seconds might do the trick. Think of it as a compassionate treasure hunt: you may find clues, patterns, or insights about whatever



Side Note

- All the practices in this course are simple. Do not make them complicated
- Do not discount their ability to have a profound effect in your life
- Find a quiet place where you will be undisturbed to practice
- Sit up straight with feet flat on the floor. That helps to keep you grounded and stable
- Spine is straight to help improve your breathing and because the spine is your biggest energy conduit
- Palms are open, face up, resting in your lap representing an open and willing stance
- Close your eyes to help minimize distractions as a beginner
- If you prefer your eyes open find a focal point like a door knob
- These are all suggestions to encourage you to have a better overall experience

you're feeling. If writing these down in a journal feels good to you, then make that a part of the process, too."

In the practice you simply notice. Start with your physical sensations: become aware of how your body feels on your chair or how are your feet rest on the earth. Notice sensations of movement and stillness: the breeze across your skin or the quiet stability of your pelvis. Notice how your breath feels, moving in and out: is it deep, shallow, cool, tight?

Next, gently observe the emotions moving through you. Do you feel angry, anxious, annoyed, or excited? How do these feelings *feel*, in your body? Is your jaw set in determination, or do you feel a flutter of excitement in your tummy? Allow yourself to simply be aware of these emotions and how they feel in your body.

Also notice any thoughts, images, memories, or self-talk. Like clouds floating through the sky of your mind, simply notice them. No need to train them or push them away, just acknowledge them. Any self-criticism, judgment, or other challenging sensations arising? Notice these, too.

As you scan your body, emotions, and mind, you may ask yourself if there's anything you'd like to remove from or add to your situation. If you notice your jaw is tight, then move it to help it get loose. If you notice your breath is shallow and quick, you might gently lengthen and deepen it.

Perfection is not required, and at first it's not even about changing anything – it is simply about being aware.

As you learn to become aware of how you feel in stressful situations you can take action to quickly diffuse it. You learn how to stay low on the stress scale and take action from a place of peace.