



## Worksheet: Noticing Your Stress-Body Patterns

This gentle worksheet is here to help you start noticing the way your body responds to stress, past experiences, and emotional load. There are no right or wrong answers, this is about building awareness, not judgement.

### 1. What Do You Notice In Your Body?

Think about the last time you felt stressed, overwhelmed, or out of balance. Did you notice any of the following body sensations? Tick or add your own.

- ☐ Tight shoulders
- ☐ Jaw clenching
- ☐ Shallow breath
- ☐ Stomach discomfort
- ☐ Headaches
- ☐ Restlessness or fidgeting
- ☐ Aches in old injury sites
- ☐ Other: \_\_\_\_\_

### 2. When Does This Happen Most Often?

Stress patterns often follow familiar emotional triggers or life situations. Can you link your body responses to any of these?

- ☐ Busy workdays
- ☐ Family or relationship tension
- ☐ Feeling criticised or judged
- ☐ Big changes or uncertainty
- ☐ Conflict or arguments
- ☐ Not enough rest or time alone
- ☐ Other: \_\_\_\_\_

### 3. What Usually Helps You Feel More at Ease?

Every body is different. What small things help you soften, ground, or reset? You might like to keep a short list you can return to when needed.

- A walk outside
- Deep breathing or grounding
- Listening to music
- Stretching or gentle movement
- Resting or napping
- Talking to someone safe
- Other: \_\_\_\_\_