

Body sensations maps

Label each version of this body map to show how feelings of stress or soothing manifest as sensations in different parts of your body. The prompts down the side of the page can help you reflect on specific parts of sensations.

A neuroaffirmative life coach who listens without judgement to create safe, creative thinking spaces.
Remarkable conversations for breakthrough moments. Transformative changes for deep, lasting impacts.
If you can't think it through on your own, I'll help you make it happen.

Let's start your own remarkable conversation: guilmantcushcoaching.co.uk guilmantcushcoaching@gmail.com

Stress or overload body sensations

Once you have identified any stress sensations, circle those you think appear earliest. These are your early warning signs and can help you to take action to remove yourself from the source of stress and self-regulate.

Headache

Thoughts

Eyes

Mouth

Jaw

Neck

Shoulders

Breathing

Pulse

Tightness

Upper back

Lower back

Hands

Skin

Stomach

Cramps

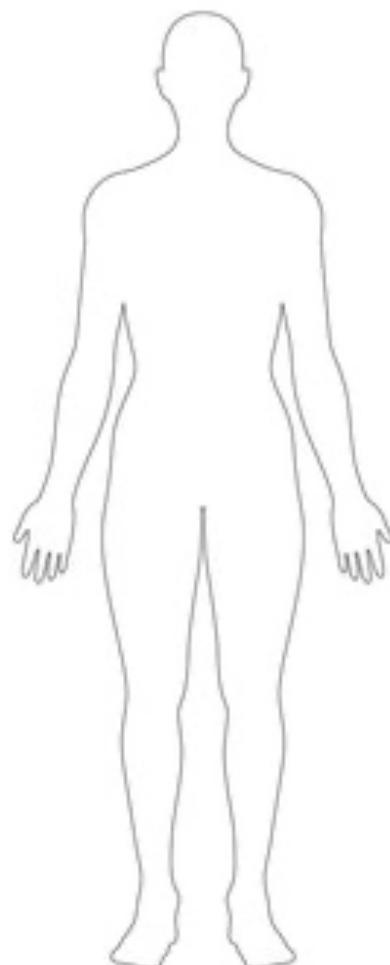
Cravings

Energy

Urges

Legs

Feet



Soothing and calm body sensations

As well as any positive sensations, you can also note any important absences of sensations when you feel soothed or calm.

Headache

Thoughts

Eyes

Mouth

Jaw

Neck

Shoulders

Breathing

Pulse

Tightness

Upper back

Lower back

Hands

Skin

Stomach

Cramps

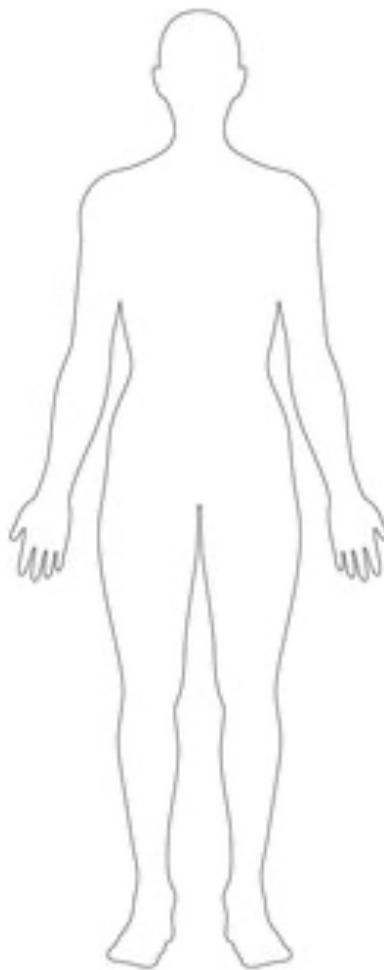
Cravings

Energy

Urges

Legs

Feet



A neuroaffirmative life coach who listens without judgement to create safe, creative thinking spaces.

Remarkable conversations for breakthrough moments. Transformative changes for deep, lasting impacts.

If you can't think it through on your own, I'll help you make it happen.

Let's start your own remarkable conversation: guilmantcushcoaching.co.uk guilmantcushcoaching@gmail.com