Body Check-In

A two-minute scan. The body knows what the head has not said yet.

Stress that does not get named tends to land somewhere physical. This is a quick scan; mark where you notice tension, pain, numbness, or fatigue. The point is to catch it early, before it becomes an injury or a sleepless week.

Head, face, jaw

Neck and shoulders

Upper back and chest

Mid-back

Lower back and hips

Arms, hands, wrists

Legs, knees, feet

Core, gut, abdomen

What has been heaviest physically these past two weeks

What has been heaviest in your head

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

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A review of these free tools is public and optional, so no pressure, especially if you're a current client.

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.