

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.