

Week Four

Listening to Your Body

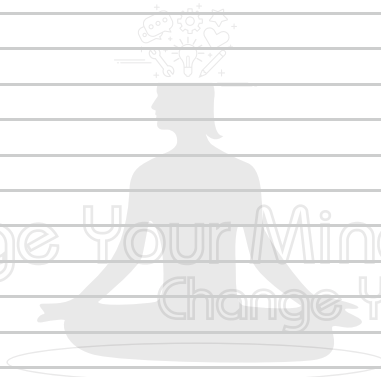
This week's work is designed to give you tools to better listen to your body.

Part A) Body Scan

A step towards re training ourselves to listen to the body and what it needs is to first start being present with it. Included in this week's module, you will find a body scan recording. Please do the scan now and write what you discover below. This file can be downloaded and saved to your phone and used when ever you have a couple of minutes to be still.

I recommend doing it at least once a day and any time you are feeling any sort of negative emotion. I often use it when I am in a car (not driving) or subway etc on my way to a meeting or dinner or appointment.

Change Your Mind
Change Your Body



Week Four

Vertical column of 20 small rectangular boxes on the left margin, likely for daily tracking or notes.



Change Your Mind
Change Your Body

Week Four

Part B) Signal questionnaire

Below is a list of symptoms that are often overlooked or passed to be "normal". Any discomfort in your body is a signal to pay attention to. Take a few minutes to fill out this form. If you are experiencing chronic symptoms that impact your life, please consider making diet and lifestyle changes to reduce symptoms. Sometimes you may find it helpful to find a health coach or other practitioner to help make those changes. I will not list possible causes of symptoms here because they are different for each person, and can better be assessed with a more thorough health history.

- | | | | |
|--------------------------|----------------------|--------------------------|---|
| <input type="checkbox"/> | Bloating | <input type="checkbox"/> | Feeling Cold when in Moderate Jump Room |
| <input type="checkbox"/> | Acid Reflux | <input type="checkbox"/> | Feeling Hot when in Moderate Jump Room |
| <input type="checkbox"/> | Constipation | <input type="checkbox"/> | Decrease in sex drive |
| <input type="checkbox"/> | Diarrhea | <input type="checkbox"/> | Muscle Weakness |
| <input type="checkbox"/> | Stomach Pain | <input type="checkbox"/> | Fatigue |
| <input type="checkbox"/> | Back Pain | <input type="checkbox"/> | Anxiety |
| <input type="checkbox"/> | Shortness of Breath | <input type="checkbox"/> | Depression |
| <input type="checkbox"/> | Headache | <input type="checkbox"/> | Numbness |
| <input type="checkbox"/> | Dizziness | <input type="checkbox"/> | Change in Body Odor |
| <input type="checkbox"/> | Increase in Appetite | <input type="checkbox"/> | Excessive Sweating |
| <input type="checkbox"/> | Loss of Appetite | <input type="checkbox"/> | Spotting Between Periods |
| <input type="checkbox"/> | Acne | <input type="checkbox"/> | Painful Periods |
| <input type="checkbox"/> | Rash | <input type="checkbox"/> | Insomnia |
| <input type="checkbox"/> | Dry Skin | <input type="checkbox"/> | Restless Legs |
| <input type="checkbox"/> | Burning Eyes | <input type="checkbox"/> | Hair Loss/Thinning |
| <input type="checkbox"/> | Excessive Thirst | <input type="checkbox"/> | Hairloss on the outer corner of the eyebrow |
| <input type="checkbox"/> | Nausea | <input type="checkbox"/> | inflamed gums |
| <input type="checkbox"/> | Memory Trouble | <input type="checkbox"/> | frequent colds/viruses |
| <input type="checkbox"/> | Brain Fog | <input type="checkbox"/> | snoring |
| <input type="checkbox"/> | Mood Swings | <input type="checkbox"/> | white coating on tongue |
| <input type="checkbox"/> | Muscle Cramps | <input type="checkbox"/> | ridges on outside of tongue |

Week Four

Handwriting practice lines on the left side of the page, consisting of a vertical column of 20 sets of three horizontal lines.



Week Four



Change Your Mind
Change Your Body

Week Four



Change Your Mind
Change Your Body

Week Four

Part C) Talk to your body.

Commit, for the next 7 days, talking to your body and asking it what it needs when you need to make decisions. Close your eyes and say "Body, what do you need in this situation?" You may find it helpful to document these moments and questions and answers and if you follow your body's lead or not and the results of either.

Example: On my way to dinner meeting, asked body what I needed. Body said "rest". So I made my dinner meeting an efficient one and wrapped up in time to make it home to get in bed by 10pm. I felt so rested the next morning.



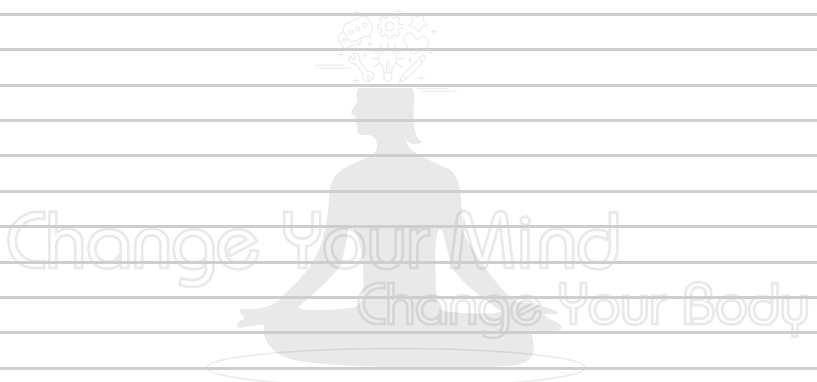
Week Four

Vertical column of 20 small rectangular boxes on the left margin, likely for daily notes or a checklist.



Week Four

Vertical column of 20 small rectangular boxes on the left margin, likely for daily notes or a checklist.



Week Four

Vertical column of 20 small rectangular boxes on the left margin, likely for daily notes or a checklist.



Week Four



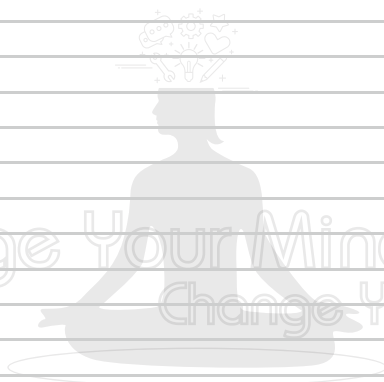
Change Your Mind

Change Your Body

Week Four

Vertical sidebar containing 20 small rectangular checkboxes for daily tracking.

Change Your Mind
Change Your Body



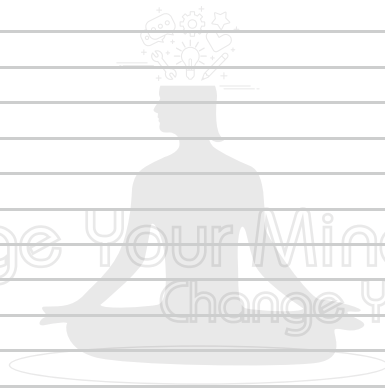
Week Four

Vertical column of 20 checkboxes on the left margin.



Week Four

Vertical column of 20 checkboxes on the left margin.



Change Your Mind
Change Your Body

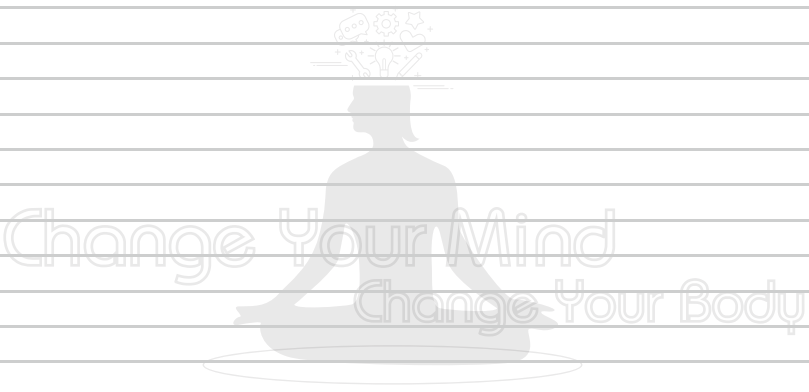
Week Four

Vertical column of 20 small rectangular boxes on the left margin.



Week Four

Vertical column of 20 small rectangular boxes on the left margin, likely for daily tracking or notes.



Week Four

Vertical column of 20 checkboxes on the left margin.



Week Four



Week Four

Vertical column of 20 checkboxes on the left margin.



Change Your Mind
Change Your Body

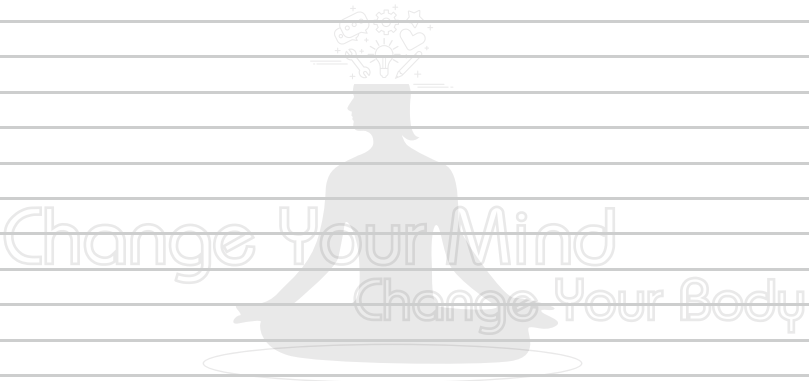
Week Four

Change Your Mind
Change Your Body



Week Four

Vertical column of 20 small rectangular boxes on the left margin, likely for daily notes or a checklist.



Week Four



Change Your Mind
Change Your Body

Week Four

