

VIDEO 2 WORKSHEET

BODY SIGNAL JOURNAL

Your body is your NASA control centre, picking up signals long before your brain catches on or your mouth gets involved. Over the next week, notice when stress arrives, because it will. Pick two or three moments and journal what happened before, during, and after. The patterns that repeat are usually the ones worth knowing about.

MOMENT 1

1 Before · what was happening and what signals were beginning to surface

2 During · what your body was doing while the stress was in full flow

3 After · what stayed with you and where the tension settled

MOMENT 2

1 Before · what was happening and what signals were beginning to surface

2 During · what your body was doing while the stress was in full flow

3 After · what stayed with you and where the tension settled
