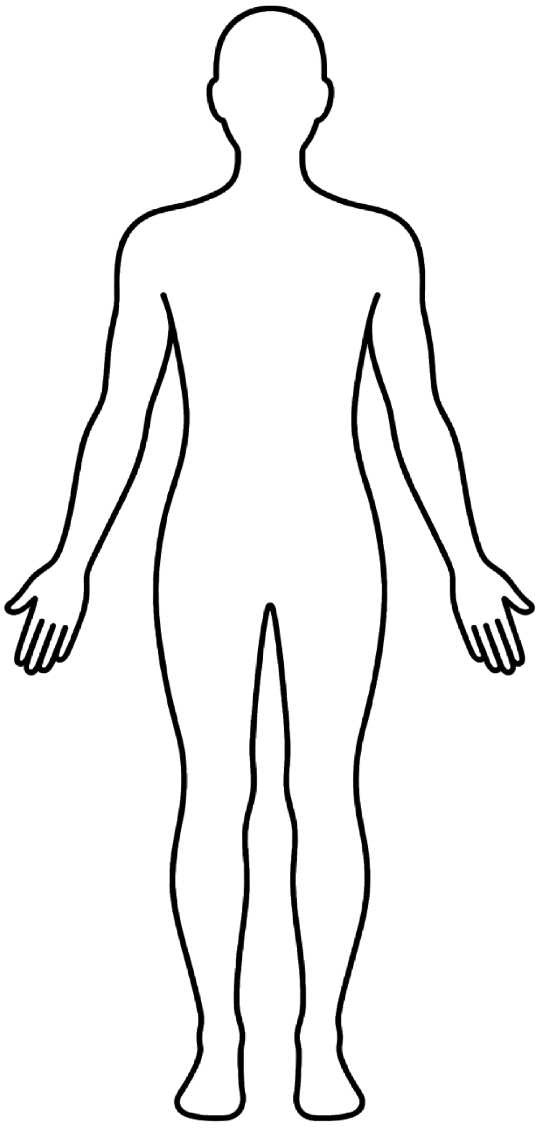
Find your body signals

Sometimes your body registers a Scroll Loop before you have words for it.

Next time you reach for your phone, pause and scan your body from head to toe. Where do you feel something? A tight jaw, hunched shoulders, a fluttery tummy, a restless hand. Mark each place on the body map with a dot, a scribble or a word.



Places to check

Jaw | Eyes | Neck | Shoulders | Breath | Tummy | Hands

What I noticed

_____

_____

_____

_____

Where I feel it most

_____

_____

Noticing is the win.

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