

## Body Awareness

Many adults have lost touch with their bodies. The negative consequences are numerous. In order to learn about your body's world, take some time to check in with it. Here is a partial list of sensations to be mindful of.

### Overall body sensations

Fever  
Exhaustion  
Jitteriness  
Generalized achiness  
Pain  
Other: \_\_\_\_\_

### Head and nervousness system

Headache  
Sinus pressure  
Ear ache  
Toothache  
Jaw pain (grinding of jaw or TMJ problems)  
Neck pain  
Anxiety  
Other: \_\_\_\_\_

### Cardiac and circulatory system

Racing heart  
Heart murmur  
Arrhythmias  
Superficial wounds that hurt  
Other: \_\_\_\_\_

### Respiratory system

Hyperventilation  
Out of breath  
Shallow breathing  
Coughing  
Wheezing  
Sore throat  
Need more fresh air  
Allergies  
Other: \_\_\_\_\_

### Digestive system

Gas pains

Flatulence  
Heart burn  
Hunger  
Need to defecate  
Satiation  
Bloating  
Constipation  
Loose stools  
Diarrhea  
Other: \_\_\_\_\_

### Genitourinary System

Need to urinate  
Difficult urinating  
Incomplete urination  
Sexual arousal  
Absence of sexual arousal  
Premenstrual distress  
Ovulation related distress  
Pains and aches  
Rashes and irritations  
Other: \_\_\_\_\_

### Musculoskeletal System

Cramps  
Charley Horse  
Muscle cramps  
Muscle twitch  
Tight muscles  
Other: \_\_\_\_\_

### Skin

Acne  
Blisters  
Itchiness  
Scratches  
Bruises  
Bug bites  
Dandruff  
Other: \_\_\_\_\_