

Daily Body Check-In

This simple but powerful exercise is a great start to your practice of therapeutic mindfulness. You can use it anytime, anyplace. It can increase emotional stability, body awareness and help reduce avoidance. Choose a time during the day when you can check in as part of your routine (i.e., after brushing your teeth or before leaving the car to go into work).

1. **Pause.** Ask yourself what you feel (positive or negative).
2. **Ask** yourself where you feel that in your body.
3. **Describe** the feeling.