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| Body Area | Sensation | Flow or Blocked? | Possible Cause | Action Step |
| Head | Tightness, pressure | Blocked | Overthinking, stress | Practice 5 minutes of mindfulness |
| Chest/Shoulders | Warmth, lightness | Flow | Positive emotions, excitement | Continue journaling gratitude |
| Stomach | Unease, churning | Blocked | Anxiety about work | Deep breathing before meetings |