

Holistic Therapy & Counselling



Daily Body & Mind Weather Journal

Belongs to:

Daily interoception practice, which is the awareness of your body's internal states, can significantly improve your life by enhancing emotional regulation, reducing stress, and fostering a deeper sense of self-awareness. This practice helps you better understand and respond to your body's signals, leading to improved mental and physical well-being.



Daily Body-Mind Weather Journal

Date/Time: _____

BODY SENSATIONS

Physical sensation am I noticing right now?

How does my body feel overall?

Heavy ☐ Light ☐ Tense ☐ Relaxed ☐ Calm ☐ Restless ☐ Other: _____

How am I breathing?

☐ Shallow ☐ Deep ☐ Fast ☐ Slow ☐ Uneven ☐ I'm not sure

Is there a part of my body that wants my attention today?

EMOTIONS & MOODS

If my emotions were weather today, what would the forecast be?

☐ Sunny ☐ Cloudy ☐ Stormy ☐ Foggy ☐ Drizzly ☐ Changing ☐ Other: _____

What emotion(s) am I feeling right now?

Where in my body do I feel this emotion most?

ENERGY LEVEL

On a scale from 1-10, what is my current energy level?

Energy Level: ____ /10

Right now, I feel:

☐ Rested ☐ Wired ☐ Sluggish ☐ Balanced ☐ Flat ☐ Other: _____



COMFORT, HUNGER & THIRST

Am I hungry or thirsty? What does my body need?

Temperature check – Do I feel:

☐ Too hot ☐ Too cold ☐ Just right

Physical comfort:

☐ Comfortable ☐ Uncomfortable (why?): _____

STRESS & TENSION

Where am I holding tension in my body?

Did/is anything stressing me out today?? How is/did it show up in my body?

What could I do right now to soothe or ground myself?

☐ Movement ☐ Breath ☐ Rest ☐ Nature ☐ Water ☐ Talk to someone

☐ Other: _____

Optional Sketch or Symbol for Todays Inner Weather:



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“Have kindness and love in your heart, words and thoughts to self and others”

Creator and Owner: Gun Meskanen Hopkins (she, her, hers)

Accredited Mental Health Social Worker

Certified Clinical Evidence Based Tapping Practitioner (EBEFT) &

Certified Buteyko Clinical International Breathing Instructor

Provider number 6229483L @ Gympie & 6229481T @ Sunrise Beach

M: 0468 466 445

E: gun@holistictherapycounselling.com.au

W: <https://www.holistictherapycounselling.com.au>

