

HOW AM I FEELING TODAY?



Were there any moments where you found yourself getting distracted? If yes, make a list of those things that acted as a possible distraction to your mindfulness practice.

What were some of those thoughts that you found yourself engaging in? Once you write down those thoughts, make a note of how many of those thoughts were past-oriented, present-oriented and future-oriented.

Make a list of certain images/visuals that came to your mind as you were scanning through your body. It could be an object, a person, a colour or even a shape...there are no right or wrong answers, just write or draw what comes up for you.



What were some of the bodily sensations that came up for you as you consciously focused on each part of your body? Did it feel like some body parts gave in more easily to this activity compared to others?

We hope this session was useful for you, and helped you uncover how you are feeling today. Feel free to come back to this video and worksheet whenever you feel like you need to run a body scan to centre yourself and lay a finger on how you're feeling.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/> get started and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

