



**Body-Centered  
Care Journal +  
5-Minute Reset Guide:**  
*A Gentle Path to  
Body-Centered Self-Care  
& Stress Resilience*

JOURNAL & GUIDE

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# Welcome + How to Use This Guide

Your body carries wisdom; it also holds stress, tension, and overwhelm.

This guide is here to help you:

- **Tune in** - gently noticing what your body is communicating
- **Tend** - choosing small, supportive practices to care for yourself
- **Build resilience** - one moment at a time

This is not a “wellness checklist.”

This is not about fixing or perfecting your body.

It's about building a relationship with your body - with curiosity, compassion, and choice.

Remember that you can move through this guide in one sitting or return to it whenever you need; it's your time for **you**.



## Body Awareness Check-In

- **What sensations do you feel in your body right now?** (e.g. warmth, tension, tingling, numbness, heaviness, lightness)
- **How would you describe your energy?** Low / Neutral / High / Restless / Shut down / Other: \_\_\_\_\_
- **What emotions are present (if any)?**
- **Where do you feel most grounded in your body?**
- **Where do you feel tension or discomfort?**



## Stress Cues & Body Signals

Your nervous system is constantly working to protect you. Sometimes it helps us move through challenges. Sometimes it holds onto patterns from past stress.

You are not broken; you are reacting and/or responding.

Here's a gentle guide to recognizing stress response signals:

<b>Fight</b> <i>Activation toward confrontation</i> <ul style="list-style-type: none"><li>• Tight jaw</li><li>• Clenched fists</li><li>• Heat / anger</li><li>• Urgency to "fix" or control</li></ul>	<b>Flight</b> <i>Activation toward escape</i> <ul style="list-style-type: none"><li>• Restlessness / jitteriness</li><li>• Fidgeting</li><li>• Racing thoughts</li><li>• Urge to flee or withdraw</li></ul>	<b>Freeze</b> <i>Shut-down, collapse, numbness</i> <ul style="list-style-type: none"><li>• Stillness</li><li>• Numb or blank mind</li><li>• Heaviness in limbs</li><li>• Disconnection from sensations</li></ul>
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These responses are adaptive; they've kept you safe.

Now you can begin to notice them and gently tend to what your body needs.

You may also notice behavior strategies that can signal at biological state, like the example below.

<b>Fawn / Appease</b> <i>(Behavioral survival strategy - often overlays Freeze or dorsal state)</i> <ul style="list-style-type: none"><li>• Saying "yes" when you mean "no"</li><li>• Over-apologizing</li><li>• Hyper-monitoring others' emotions</li><li>• Prioritizing harmony over self</li></ul>
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## Reflection

*What came up for you as you looked at these signals?*

*What does this information help you to understand?*



## 5-Minute Body-Based Reset Menu

Try one of these when you feel:

- Overwhelmed
- Stuck
- Disconnected.
- “Too much in your head”

<b>1</b>	<b>Orienting Practice</b> Slowly look around your space. Name: <ul style="list-style-type: none"><li>• 5 things you can see,</li><li>• 4 you can touch,</li><li>• 3 you can hear,</li><li>• 2 you can smell,</li><li>• 1 you can taste.</li></ul>	<b>Why?</b> It helps your nervous system locate safety in the present moment.
<b>2</b>	<b>Self Hold</b> Place one hand over your heart, one on your belly or cheek. Apply gentle, steady pressure. Breathe.	<b>Why?</b> It offers grounding, self-soothing touch → communicates safety to your system.
<b>3</b>	<b>Gentle Shake or Movement</b> Shake out hands, bounce knees, sway torso. There is no “right” way; Let the body move as it needs to release energy.	<b>Why?</b> It releases built-up stress and resets muscle tension.
<b>4</b>	<b>Soothing Touch</b> Wrap in a blanket, rub lotion on arms, massage scalp, hug a pillow	<b>Why?</b> It brings comfort, signals calm, reconnects to body sensations.
<b>5</b>	<b>Soothing Breath Pattern</b> Inhale for 4, exhale for 6 (longer exhales support down-regulation).	<b>Why?</b> It helps shift from “fight/flight” into regulation.



## My Personal Reset Favorites

What tends to work  
for my body?

What would I like to try  
this week?

When could I build in a  
body-centered pause?

## Integration Reflection

*What surprised me as I tuned into my body today?*

*How can I remind myself that care is a practice, not a performance?*

## Remember...

*Your body is wise.*

*Your body is worth caring for.*

*Your body belongs to you.*

You don't have to tend to your body alone; there are resources on the next page if you want to continue this journey with more support.



## Next Steps . . .

You've taken the first step — now let's explore together.

If you're ready to build boundaries, reclaim your time, and reconnect with your capacity for joy, I'd love to support you through **Capacity Coaching**.

**BOOK YOUR  
FREE CONSULTATION**



- or - if you want to begin with one of our memberships, we recommend...



### **The Pause Membership** **\$47/MONTH**

Achieve a significant reduction in burnout and compassion fatigue, enhance self-care routines, improve emotional resilience, and build stronger connections with others. Everything in The Moment Membership, plus:

- Exclusive Tools
- Live Training Sessions
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- and much, much more!

**GET STARTED NOW**