

5 POINT CHECK

The 5 Point Check is an easily accessible tool to gauge where your attention is from moment to moment. We generally know when something feels off inside of us! The 5 Point Check quickly identifies the deficiency in a particular area and we can use the many techniques we teach in Mindful Steps to rebalance and recalibrate. It brings attention to areas of tension and pent up stress. We can then become more in charge of our state of being.

5 POINT ASSESSMENT

Breath * Body * Mind * Emotions * Energy

- BREATH** Connect with the act of breathing. Be aware of the quality of your breath. (Listen to Breath Awareness audio on our website)
- BODY** Feel the whole of the body, cultivate awareness of your body to receive its internal messages. (Check quick Yoga moves on our FB page).
- MIND** Identify a recurring thought and be aware of an excessively busy or scattered mind. (Listen to our pre recorded meditation sessions on FB, our website and on the Wellness WVU Medicine page)
- EMOTIONS** Identify a recurring emotion. Feel its effect in your body. (Practice One minute Instant Body Scan, the 5 Point Check))
- ENERGY** Beneath all the inquiries, check your energy level. Use that assessment to dispense your energy more evenly throughout the day. (Choose a Yoga breathing practice to relax, energize or to refocus and balance)

