

Embodiment

A Journal for Seasonal Shifts &
Emotional Presence



Jessica Jackson Counseling



Welcome

“As the seasons shift, our minds and bodies shift too. This guide offers gentle support for navigating shorter days, emotional transitions, and the beauty of change with care and compassion.”

This guide invites you to pause and gently attune to the changes this new season brings. Rather than seeing seasonal shifts as disruptions, we can view them as opportunities—to slow down, to listen inward, and to align our internal rhythms with the natural cycles of the earth.

Rooted in somatic, neuro-affirming, and decolonized principles, this guide offers embodied and experiential practices for self-witnessing.

It supports you in honoring your body’s natural needs for rest, activation, and connection through times of transition.

This is not a set of rules to follow, but a gentle invitation—a companion for reconnecting with your most authentic self.

You’ve already done incredible work in nurturing your wellness. This guide simply helps you deepen that connection—reclaiming your body’s innate rhythm, wisdom, and resilience.

Jessica Jackson, LCPC, ASDCS, SEP
A Gift from Jessica Jackson Counseling to You





Guide

There is no “right” way to use this journal. Begin wherever you are.

We suggest setting aside 10–15 minutes each week to reflect or explore a somatic prompt.

If you miss a week, that’s okay—your body and your process are not on a clock.

Return when you’re ready.
Your body sets the pace.

Grounding Pause

Pause.

Notice your breath moving in and out.

Feel the ground or surface beneath you offering support.

There is nothing to fix, only space to notice—and to thank your body for its steady, quiet work.



Affect

Expansive & Connecting Affects

Moments of openness, creativity, and connection.

These often emerge when we feel safe, supported, or inspired.

Joyful, Hopeful, Tender, Calm, Curious, Grateful, Belonging, Secure, Safe, Open, Content, Playful, Inspired, Loving, Proud, Fulfilled, Peaceful, Awe, Compassionate, Amused

Protective & Activating Affects

Emotions that remind us something matters — signaling boundaries, loss, or injustice.

They call for care, protection, or attention, not correction.

Angry, Frustrated, Impatient, Fearful, Anxious, Overwhelmed, Disconnected, Alarmed, Startled, Jealous, Defensive, Lonely, Yearning, Ashamed, Embarrassed, Irritated, Annoyed, Grieving, Desperate, Tense

Reflective & Restorative Affects

States of integration, acceptance, and gentle awareness.

These often accompany slowing down, meaning-making, or reconnection.

Relieved, Vulnerable, Present, Softened, Restorative, Accepting, Trusting, Balanced, Grounded, Settled, Releasing, Curious Again, Receptive, Gentle, Nostalgic, Reflective, Humbled, Rooted, Connected, Surrendered



Sensations



Expansive / Opening Sensations	Activating / Mobilizing Sensations	Settling / Neutral Sensations
<p>Often felt during presence, settling, ease, or connection</p> <ul style="list-style-type: none"> • Spacious • Warm • Cozy/Comforting warmth • Bubbly • Light • Expansive • Relaxed • Grounded • Centered • Fluid • Soft • Smooth • Humming • Gentle vibration • Tingling warmth • Stretching/Lengthening • Open chest/Open throat • Steady breath •  Add your own: 	<p>Often the body signaling the need for care and attention</p> <ul style="list-style-type: none"> • Alert • Tight • Fluttery • Quickened heart • Cool / Cold • Hot / Heat rising • Irritable / Prickly sensation • Confused / Foggy • Heavy • Sluggish • Tense • Pressure • Restricted breath • Tingling / pins & needles • Buzzing • Jaw tight / clenched • Knot in stomach • Restless limbs • Sweaty / Dampness •  Add your own: 	<p>Sensations that arise in transition – moments of shifting, processing, or softening</p> <ul style="list-style-type: none"> • Neutral • Still • Gentle warmth • Cooling down • Even breath • Soft pulse • Dropping / Settling sensation • Loosened shoulders • Release / Exhale • Steady heartbeat • Clear / Neutral temperature • Subtle tingling • Heaviness softening • Spacious but quiet • Ground beneath feet • Solid / Weighted in a comforting way • Calm fatigue / Resting body • “In-between” sensation •  Add your own:

Somatic Invitation

Take a slow breath and simply notice your body.

Where does your breath move with ease or flow freely?

Let that awareness be your starting point — nothing to change, only to notice.

Affect & Sensation Check in:

What's Bringing Me Ease:

What's Feeling Heavy:



WEEKLY WELLNESS MONITORING



SLEEP



MINDFULNESS



SOCIAL CONNECT.



MOVEMENT



NUTRITION

Use the scale below to reflect where you are right now:

1 = Low / depleted

2 = Somewhat supported

3 = Balanced

4 = Well supported

5 = Deeply nourished

Sleep:

Movement:

Nutrition:

Social Connection:

Mindfulness:

What is one way I can support my wellness next week?

Somatic Invitation

Enjoy a mindful walk. *as you move, notice the world around you. Which colors, and sounds draw your attention or bring you a sense of calm?*

Affect & Sensation Check in:

What's Bringing Me Ease:

What's Feeling Heavy:



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What is one way I can support my wellness next week?

Somatic Invitation

Recall one moment this week when your body felt calm, open, or at ease. What helped create that feeling?

Affect & Sensation Check in:

What's Bringing Me Ease:

What's Feeling Heavy:



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Mindfulness:

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WEEK 4: Soothe Through the Senses

Date:

Somatic Invitation

*Pause and notice what feels comforting this week
the warmth of tea, the sound of rain, the weight of a blanket, or sunlight on your
skin.*

What sensations help your body soften or feel at ease?

Affect & Sensation Check in:

What's Bringing Me Ease:

What's Feeling Heavy:



WEEKLY WELLNESS MONITORING



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Movement:

Nutrition:

Social Connection:

Mindfulness:

What is one way I can support my wellness next week?

Somatic Invitation

Take a quiet moment to listen inward.

If your body could share something with you right now — a truth, a need, or a whisper — what might it say?

Affect & Sensation Check in:

What's Bringing Me Ease:

What's Feeling Heavy:



WEEKLY WELLNESS MONITORING



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Nutrition:

Social Connection:

Mindfulness:

What is one way I can support my wellness next week?

WEEK 6: Movement & Release

Date:

Somatic Invitation

Gently invite movement into your body.

Stretch, sway, hum, or dance in a way that helps release tension and create space inside.

Affect & Sensation Check in:

What's Bringing Me Ease:

What's Feeling Heavy:



WEEKLY WELLNESS MONITORING



SLEEP



MINDFULNESS



SOCIAL CONNECT.



MOVEMENT



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Sleep:

Movement:

Nutrition:

Social Connection:

Mindfulness:

What is one way I can support my wellness next week?

Free Journal/Doodle Space

Use this space for unguided reflections or to capture what's moving through you.

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Book Recommendations

Reading can be a nourishing part of your wellness journey — offering validation, insight, and language for your lived experiences. You're encouraged to explore these titles through your local library, community book exchanges, or audiobook platforms. *Featured Reads from the Mental Health Support List*

How to Relax - by Thich Nhat Hanh

A gentle invitation to relaxation, mindfulness and slowing down—useful for pausing into the rhythms of transition.

Emotional Agility - by Susan David

Explores how we can respond flexibly to our emotions —perfect for seasonal energy and shift awareness.

Braiding Sweetgrass - by Robin Wall Kimmerer

A beautiful ecological and Indigenous-informed view of our relationship to the earth

The Geography of Bliss - by Eric Weiner

An exploration of happiness across cultures

Living Untethered - by Michael A. Singer

Themes of release and transition that align with seasonal shifts.

But What Will People Say? - by Sahaj Kaur Kohli

Addresses cultural stigma, identity, and belonging

The Unapologetic Guide to Black Mental Health - by Rheedra Walker & Na'im Akbar

If you'd like to own your own copy or explore additional wellness reads, you can find these and more in the Emboldened with Jessica Bookshop:
<https://bookshop.org/shop/Emboldenedwithjessica>.

Integration



As this season of reflection comes to a close, take a moment to honor the time, energy, and courage it took to be here. The simple act of beginning—and returning, even when it felt uneven or incomplete—is a profound gesture of care.

This journal was never meant to be perfect. Healing, embodiment, and awareness unfold in rhythms that are rarely linear. You may have missed days or weeks, or found yourself writing less than you expected. That's okay. What matters is that you showed up—in whatever way you could—to meet yourself.

That is sacred work.

Before you move on, pause.

Place a hand over your heart, or wherever feels most grounding.

Take a few slow, steady breaths.

Feel the surface supporting you.

Offer quiet gratitude—to your body, your breath, and your own persistence.

Notice what sensations arise as you sit with what you've written and witnessed. You may feel spacious, tender, proud, uncertain, or simply still. All of it belongs.



Closing Reflections

What have you discovered about yourself during this season of reflection?

What emotions, sensations, or patterns have surfaced more clearly?

How has your relationship to your body, rest, and resilience shifted?

Final Reflections

What do you want to carry forward into the next season?

What does “coming home to yourself” mean right now?



Parting Invitation

*May you continue to listen deeply to your body's wisdom.
May your awareness of your own cycles bring you steadiness and grace.
May you meet the next season not with striving, but with presence.
And may you remember—healing isn't a finish line.
It's a returning, again and again, to yourself.
Thank you for walking this path with care and courage.
This journal is not an ending, but a reminder:
You are already whole, already home.*

Jessica Jackson, LCPC, ASDCS, SEP



Support & Connection

National & Regional Resources

211 – 211.org | Local food, housing, and social support

National Domestic Violence Hotline – thehotline.org | 1-800-799-7233

NAMI HelpLine – Text "NAMI" TO 741741- nami.org/help

RAICES – raicetexas.org | Legal advocacy for immigrants & refugees

Immigrant Legal Resource Center – ilrc.org

Find Food IL App – findfoodILcommunity.org

Warmlines That Avoid Police Intervention

Call Blackline - Call or text: 1-800-604-5841- folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens

Trans Lifeline -Call in US: 1-877-565-8860 Call in Canada: 1-877-330-6366

LGBT National Help Center -Call or text: 888-843-4564

You have the right to feel safe, and access care.

Jessica Jackson Counseling, LLC

Jessica Jackson, LCPC, ASDCS, SEP, is a somatic and trauma-informed therapist offering inclusive, decolonized approaches to wellness, embodiment, and emotional healing.

This journal is part of her ongoing mission to create accessible, heart-centered mental health resources that nurture self-connection and community care.

Visit JessicaJacksonCounseling.com to explore additional offerings, the Emboldened with Jessica podcast, wherever you listen to your podcast.



This journal was developed with intention and love.

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