

Where I Hold Tension – Nature Map Worksheet

Name: _____ Date: _____

This worksheet helps you identify areas of physical or emotional tension in your body and explore them through natural metaphors, fostering mindfulness, self-awareness, and gentle emotional processing.

Step 1: Draw Your Body

Sketch a simple outline of your body (front and back if you like) in the space below. You don't need to be an artist. Simple shapes work perfectly...even stick figures.

Step 2: Notice Tension

Close your eyes for a moment, breathe slowly, and scan your body from head to toe. Pay attention to any areas that feel tight, heavy, sore, tense, or uncomfortable.

Reflection

Which areas feel tense or “stuck”?

Step 3: Pair Tension with Nature Metaphors

For each area of tension, choose a natural metaphor that reflects the sensation, e.g.:

- Shoulders: “a boulder pressing down”
- Stomach: “a knot of tangled roots”
- Neck: “a stiff branch in winter”
- Hands: “frozen leaves”

Use color, patterns, or symbols to represent each metaphor on your body map.

Body Map Table Example:

Body Area	Tension Sensation	Nature Metaphor	Visual Symbol / Color
Shoulders	Heavy, tight	Boulder	Gray circle
Stomach	Knotted, uneasy	Tangled roots	Brown squiggles
Neck	Stiff	Branch in winter	Thin black lines

Step 4: Mindful Reflection

- Look at your completed map.
- Now take a few slow, grounding breaths.
- Imagine each area being supported by the earth or flowing with natural energy (e.g., tension melting like snow, roots stretching into soil).

Reflection Questions

What feelings arise as you map tension in your body in this manner?

Does connecting tension to natural metaphors change your perspective? If so, how?

How might these metaphors help you to identify the way emotions manifest in your body?

Step 5: Integration & Practice

Revisit your Nature Map regularly to notice shifts in tension and awareness. Pair with gentle movement, stretching, or outdoor mindfulness practices for release. Does your awareness of how emotions manifest in your body change over time?

Notes / Observations Over Time
