

# emotional check-in

a gentle framework for processing feelings

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DATE \_\_\_\_\_

## 01 BODY SCAN

close your eyes. where do you feel tension, lightness, or sensation?

head / mind

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chest / heart

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stomach / gut

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shoulders / back

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## 02 NAME IT

circle the emotions present right now:

happy | sad | anxious | peaceful |

frustrated | grateful | tired | hopeful |

loved

other: \_\_\_\_\_

## 03 INTENSITY

how intense is the strongest feeling?



## 04 THE STORY

what happened? what's your body trying to tell you?

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## 05 WHAT DO YOU NEED?

check what feels true right now:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> to rest            | <input type="checkbox"/> to talk to someone | <input type="checkbox"/> to move my body   |
| <input type="checkbox"/> to cry             | <input type="checkbox"/> a distraction      | <input type="checkbox"/> to be alone       |
| <input type="checkbox"/> comfort food/drink | <input type="checkbox"/> fresh air          | <input type="checkbox"/> to make something |
| <input type="checkbox"/> physical touch     | <input type="checkbox"/> to write more      | <input type="checkbox"/> nothing—just feel |

something else: \_\_\_\_\_

## 06 ONE KIND THING

if your best friend felt this way, what would you tell them?

now tell yourself:

## CLOSING REFLECTION

how do you feel now? even small shifts count.

gentle reminder:

emotions aren't problems to solve—they're weather passing through.

you don't have to fix how you feel. just notice. just breathe.