

AWARENESS

Emotional Check-In

A structured way to pause and notice what is happening inside — physically, emotionally, and mentally. Checking in regularly helps you catch what you need earlier, before feelings build up unnoticed.

How to check in

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| 01 | Pause | Stop what you are doing for a moment. Take one slow breath and let your attention settle inward. |
| 02 | Body | Scan gently from head to toe. Where is there tension, heaviness, restlessness, or ease? No need to change anything — just notice. |
| 03 | Emotions | Ask: what am I feeling right now? Try to name it — “something like frustration” or “a low hum of worry” is enough. There may be more than one feeling. |
| 04 | Mind | Notice the quality of your thoughts. Are they racing, looping, foggy, quiet? What themes keep returning? |
| 05 | Need | Ask: what do I need right now? Rest, movement, food, connection, quiet? Choose one small thing you can offer yourself. |

Gentle reminders

- A check-in can take thirty seconds or five minutes. Little and often is the aim.
- Try linking it to something you already do — the kettle boiling, sitting down in the car, before opening your phone.
- All feelings are allowed here. The check-in is about noticing, not fixing.

None of this is homework, and none of it is required — take what feels helpful and leave the rest.