



Practicing Self Check-Ins

When life gets busy, it can be easy to forget to take a moment to reflect on how we're feeling. Tapping into our emotions can be hard sometimes. Oftentimes we're feeling a lot of different things all at once, but focusing on exactly how we're feeling can provide clarity and can help us work on feeling better. In this resource, you will find some questions you can ask yourself when you need a little "self check-in". All this involves is taking a quiet moment to check-in with how you're feeling and what you can do about how you're feeling. You can do this at any point in the day if you're feeling overwhelmed and want to get some clarity about exactly what you're feeling. Try it out!

Self Check-In Questions:

1. What am I feeling overwhelmed about at this moment?

2. What are some of the feelings that are coming up around what I'm feeling overwhelmed about?

3. Can I do anything to change how I approach this situation?

4. Can I remove myself from this situation without doing harm to myself or others?

5. Are my needs being met?
 - a. What can I do to ensure that my needs are being met?

6. Am I feeling more than one emotion right now?
 - a. How are these emotions impacting each other?

7. Can I take a moment to breathe through these hard feelings?



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8. How can I practice self-love right now?

9. What are some things I can do to remind myself that all of my feelings are valid?

10. Do I need to reach out for help from someone?

Practicing self check-ins only take a few moments, but are a great way to get you through a hard time! Finding a few minutes here and there to do these check-ins could help a great deal for your mental wellness and overall wellbeing.