

4 Steps to Emotionally Check In With Yourself



A Simple Guide for Mums to Understand Their Emotions and Create More Calm While Supporting Children Through Anxiety, Big Emotions, and School Stress

NICOLE PRINI

EMOTIONAL CHECK IN GUIDE

To help you recognise and process emotions by naming them, noticing where and how they show up in your body and reflecting on their intensity. It is the first step in creating awareness of your own emotional patterns.

Step 1: Pause and ground yourself

Find a quiet space or take a moment to stop what you're doing. Take 3 slow deep breaths, notice your feet on the ground and gently notice your posture and surroundings.

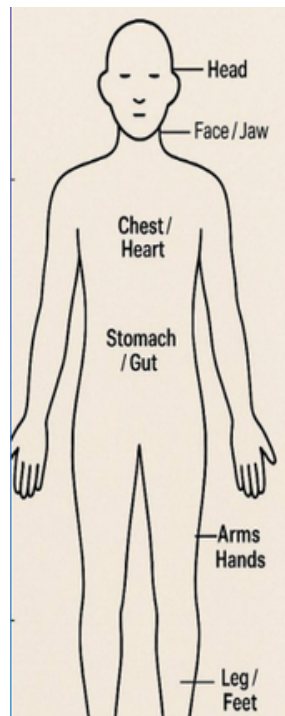


Step 2: Name your emotion

Positive emotions: Happy, Joyful, Excited, Hopeful, Grateful, Empowered, Powerful, Curious, Surprised, Pride, Negative emotions Sad, Angry, Lonely, Grief, Ashamed, Frustrated, Afraid, Uncomfortable, Disgusted, Repulsed

Step 3: Notice where it shows up in your body

Use the image and notice: Head tension, stomach fluttering, heaviness, tiredness, restlessness, jitters, shoulder tension, how do your arms/hands feel? legs/feet? whole body?



Step 4: Reflect and respond

What might this emotion be trying to tell me?

Can I express gratitude for this emotion that has come up as it's showing me what I need to release and regulate? Does my body need rest, movement, release? Are there small steps that I can take to honour this feeling?