Emotional Check-in

For the next week, take time to check in with yourself periodically. Try to do this every 3-4 hours throughout the day. Briefly jot down what you are doing. Next, notice how your body feels. What is your posture like? Are you tense or relaxed? Then notice and label your emotional state. How intense is the feeling? Doing this exercise regularly will help you become more in tune with your physical and emotional state.

Date/ Time	Description of the Situation	Physical sensations/ Areas of tension	Emotions/Feelings	Intensity: 1-10
Mon	At my desk paying bills	Tense shoulders;	Worried, anxious,	7
10 am		scrunched forhead	annoyed	