

♥ Daily Self-Check In ♥

WHEN

BODY ACHES

Stomachaches
Headaches
Racing heartbeat
Sleep issues
Low energy
Fatigue

EXAMPLE

FEELINGS

Crying spells
Feeling overwhelmed
Hopelessness
Depressed
Feelings of sadness
Mood swings

EXAMPLE

STRESS

Difficulty concentrating
Changes in appetite
Irritability
Panic attacks
Anxiety
Feeling on edge

EXAMPLE

I FEEL

BODY ACHES

FEELINGS

STRESS

I USE

MINDFULNESS

*Drink Water Mindfully
*Deep Breathing
*Shower/Bubble Bath
*Listen To Music
*Adult Coloring Book

EXAMPLE

POSITIVE WORDS

♥ I'M OPTIMISTIC
♥ I'M WORTH IT
♥ I'M LOVING
♥ I'M PATIENT
♥ I'M HONEST
♥ I'M PERSISTENT

EXAMPLE

MEDITATION

😊 Find A Quiet Place
😊 Count Your Breath
😊 Let Go Of All Thoughts
😊 Focus on your body
😊 Take your time

EXAMPLE

THESE

MINDFULNESS

POSITIVE WORDS

MEDITATION

SKILLS