



## DAILY CHECK-INS

Take a deep breath and check in with your feelings. Ask yourself: Right now, what is my stress level?

### State 1: Feeling Great?

### State 2: Feeling Good

### State 3: Feeling A Little Stressed

### State 4: Feeling Definitely Stressed

### State 5: Feeling Stressed Out

Then scroll to the corresponding state and follow the instructions.

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#### State 1: Feeling Great: *Sanctuary tool*

Deepen and strengthen that state of being present and with joy.

- Take a deep breath.
- Maintain a good posture. Lovingly observe yourself.
- Connect with your inner being that safe place within.
- Feel a wave of compassion for yourself.
- Feel a wave of compassion for others.
- Feel a wave of compassion for all living beings. Feel a surge of joy!

When you have finished scroll down.

#### State 2: Feeling Good: *Feelings Check Tool*

Be aware of your positive and negative feelings and use this check-in to get to State 1!

- Ask yourself, how do I feel? Angry, Sad, Afraid, Guilty, Tense, Tired, Hungry, Full, Lonely, Sick, Grateful, Happy, Secure, Proud, Relaxed, Rested, Satisfied, Loved, Loving, Healthy (Select three)
- Which of those is my strongest feeling? - Your strongest feeling points to your most important need!
- What do I need?
- Do I need support? What support do I need to ask for?

When you have finished scroll down.



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### **State 3: Feeling A Little Stressed:** *Emotional Housecleaning*

You are a little stressed. Use Emotional Housecleaning to clear away the negative feelings and to become more aware of the positive feelings that are under them. Complete the following sentences:

- I feel angry that...
- I feel sad that...
- I feel afraid that...
- I feel guilty that I... I feel grateful that... I feel happy that...
- I feel secure that...
- I feel proud that I...

**When you have finished scroll down.**

### **State 4: Feeling Definitely Stressed:** *Resetting Mindset*

This is a moment of opportunity to weaken stress circuits and to build circuits that bring you joy.

- Just the Facts: State why you are feeling stressed. No feelings. This offers a moment of opportunity to change the way you process the daily stress of life.
- Begin the Natural Flow of Feelings: Express your feelings. Feel your anger in your body, and then express it, using short, choppy statements:
  - I feel ANGRY that...
  - I feel SAD that...
  - I feel AFRAID that...
  - I feel GUILTY that I...
- My unreasonable expectation is... (An unreasonable expectation is an old circuit that was encoded early in life or later during stress. Once you know what it is, you can begin rewriting it.)
- My reasonable expectation is... (The new circuit is the opposite of the old one. This can switch from "I must be perfect" to "I always do my best.")

Your brain is very open to change now!

Type in and say (aloud or to yourself) your new expectation 10 times.

**When you have finished scroll down.**



## DAILY CHECK-INS

### **State 5: Feeling Stressed Out: *Damage Control Tool***

Use a nurturing inner voice, using repetition to quiet that circuit and to ease your stress. Say the following three lines over and over to yourself until you feel your stress fading.

1. Do not judge.
2. I will not judge myself. I will not judge others.
3. Know it will pass.

• (Repeat)

**When you feel the stress fading scroll down.**

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**You Completed an Emotional Brain Training Check-In! Congratulations!**

- **Feel a surge of joy & keep up the great work!**
- **Each time you disrupt your current pattern of processing stress you are improving the way your brain works.**
- **Keep up the good work!**