



Use this simple exercise to notice where you are right now and choose small, meaningful actions that support your well-being. Try filling out one or all of the following lists.

[illegible][illegible][illegible]

Examples: walking, dancing, swimming,
yoga, sports, lifting weights

Examples: a saying, a memory, a belief, a goal, a fact, someone you admire

Examples: a friend, family member, neighbor, therapist, colleague

Keep these lists where you can access them easily, such as saved on your phone, posted on your refrigerator or tucked into your wallet. Add to them whenever something that fits comes to mind.

Step 2: Check in with yourself

Make a commitment to check in with yourself and how you're feeling. For example, set a reminder for some time soon – an hour from now, tomorrow morning or Saturday. When it sounds, pause and reflect on how you're feeling. Whether it's joy, stress, boredom, sadness, anger or something else, notice and name it.

- “I feel OK.”
- “I feel angry.”
- “I feel hopeful.”

Consider setting the reminder for a certain time each day, or creating a self-check-in habit that's easy to follow, such as after lunch or before bed.

Step 3: Make space for your emotions

Sit with the emotion for a few moments without judging it.

You might try:

- Taking a few deep breaths
- Count slowly to 10 (1-1,000, 2-1,000, 3-1,000 ...)
- Noticing where you feel the emotion in your body (maybe your stomach feels upset or you're bursting with energy?)

Then ask yourself: “Is this a feeling I want to savor, or is this a feeling that needs care?”

Step 4: Choose how you want to respond

Depending on the situation, you may choose to:

- Let the emotion be present, knowing that feelings change over time.
- Support yourself through the emotion. For example, if you are angry or frustrated, choose something from your “calm” list. If you’re happy and excited, message someone you care about to share the good vibes.
- Reach out for support from someone you trust.

There is no right or wrong way to feel or thing to do. The goal is simply to notice what is happening and choose what best supports you in the moment and moving forward.

Step 5: Repeat the exercise regularly

The more you check in with yourself from time to time, the easier it can become to notice your feelings and take care of yourself.

Seek support

Please note: It’s natural to experience ups and downs from time to time. However, if difficult feelings are overwhelming or affecting your daily routines or behaviors, consider reaching out to a medical or mental health professional for support.

Additional resources for nurturing emotional health:

- [5 Things That Belong in Your Mental Health Emergency Kit | Optum Wellbeing](#)

Sources

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