

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Emotional Awareness & Self-Reflection

**Learning Objective:** By the end of this resource, readers will be able to evaluate their current emotional state, identify personalized coping strategies, and access foundational mental health support resources.



A serene mountain landscape representing internal peace and stability.

**Metacognitive Calibration (Phase 1):** Rate your current emotional energy level right now.

- a) 1 - Very Low / Depleted
- b) 2 - Low
- c) 3 - Neutral
- d) 4 - High
- e) 5 - Very High / Thriving

## Advance Organizer: Key Terms

**Resilience:** The mental capacity to recover or bounce back quickly from difficulties.

**Mindfulness:** Maintaining a non-judgmental awareness of the present moment.

**Emotional Regulation:** Strategies used to monitor and manage emotional states.

## Self-Reflection Prompts

1. How would I describe my primary emotion at this exact moment?

2. What physical sensations in my body are signaling my current mood?

3. What was the most significant stressor I encountered today?

4. How did I respond to that stressor, and was the response helpful?

5. What is one thing I am currently grateful for, no matter how small?

6. What is one pattern I notice in my emotional reactions lately?

7. If I could give myself one piece of kind advice right now, what would it be?

**Metacognitive Calibration (Phase 2):** After reflecting, rate your emotional energy again. Has it shifted?

- a) 1 - Depleted
- b) 2 - Low
- c) 3 - Neutral
- d) 4 - High
- e) 5 - Thriving

# Building Your Personal Coping Toolkit

## Healthy Coping Strategies Checklist

### Physical Outlets

- Deep breathing (4-7-8 method)
- Progressive muscle relaxation
- Gentle stretching or yoga
- Brisk 10-minute walk
- Mindful hydration

### Social Connections

- Texting a trusted friend
- Setting a healthy boundary
- Spending time with a pet
- Joining a group activity
- Sharing a feeling out loud

### Creative Expression

- Free-form journaling
- Sketching or coloring
- Creating a mood playlist
- Trying a new recipe
- Hands-on crafting

## My Personal Commitment

Choose three strategies from the categories above that you will commit to trying this week. Explain why you believe these specific strategies will work for you.

## Reliable Support Resources & Helplines

**988 Suicide & Crisis Lifeline:** Call or Text 988 (Available 24/7)

**Crisis Text Line:** Text "HOME" to 741741 to connect with a crisis counselor

**NAMI HelpLine:** 1-800-950-NAMI (6264) or text "HelpLine" to 62640

**SAMHSA Treatment Locator:** 1-800-662-HELP (4357)

## Looking Forward: Growth Reflection

Identify one small, sustainable way you will prioritize your mental well-being in the future.

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