

Emotional Check-In Log

Track Your Emotions | Identify Triggers | Create a Self-Care Plan

Why Use This Log?

Engaging with political news—especially when it directly impacts LGBTQ+ rights—can be overwhelming. This Emotional Check-In Log helps you recognize patterns in your emotions, identify specific triggers, and develop a personalized self-care plan to protect your mental well-being.

How to Use This Log

- 1 Track Your Emotions – Write down how you feel before, during, and after consuming political news.
- 2 Identify Triggers – Note specific topics, events, or headlines that cause distress.
- 3 Assess Your Energy – Rate your emotional state (1-10) to recognize when you need a break.
- 4 Create a Self-Care Plan – List actions to reset and protect your mental health after exposure to difficult news.

Emotional Check-In Log Template

Date & Time	Topic	Initial Emotion	Trigger	Energy Level (1-10)	Self-Care Action
MM/DD/YYYY	Example: Anti-LGBTQ + bill coverage	Fear, confusion, unease	Fear of rights being restricted	3	Take a walk, call a friend, log off for the day
MM/DD/YYYY	Example: Positive LGBTQ+ victory	Relief, hope	Seeing allies speak out	8	Share with my community, journal about hope

💜 Suggested Self-Care Actions

- ✓ Take a News Break – Unplug for a set time (1 hour, a day, a weekend).
- ✓ Engage in Joyful Activities – Watch queer-affirming media, create art, dance.
- ✓ Move Your Body – Walk, stretch, breathe deeply.
- ✓ Reach Out for Support – Text a friend, join an LGBTQ+ support group.
- ✓ Ground Yourself – Try a mindfulness exercise (deep breathing, meditation).

✨ Final Reminder

Your mental health matters. Engaging with the world is important, but so *is protecting your peace*. Use this Emotional Check-In Log regularly to stay self-aware, prioritize your well-being, and take action when needed.

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