

# WHEN EMOTIONS FEEL BIG

A gentle emotional check-in checklist



Whenever emotions feel intense, overwhelming, or hard to hold, use this checklist to support yourself.

## Pause and Ground

- Take one slow breath in through your nose, then exhale gently
- Feel your feet on the floor or the weight of your body as it settles
- Look around and name one thing you can see that feels neutral or calming

## Notice Without Judgement

- Notice what you are feeling right now, emotionally or physically
- Notice where this feeling shows up in your body
- Allow this feeling to be here without fixing it

## Offer Yourself Reassurance

- This feeling will pass
- I am allowed to be here with this
- I don't need to solve anything right now

## Gently Support Your Nervous System

- Place a hand on your chest or abdomen and feel your breath
- Imagine warmth or calm moving through your body
- Choose one small action that feels comforting or steadyng

*(continue on next page)*

## Reflect With Kindness

- What might this emotion be asking for — rest, reassurance, space, or care?
- What helps me feel safer in this moment?
- What would I say to someone I care about if they felt this way?

## Before You Continue

- Remind yourself that feeling deeply is not a weakness
- I am allowed to move forward gently, one moment at a time
- Even one small pause is enough



**From Embrace Your Emotions: A Pocket Guide for Women Navigating Big Feelings.** (*The Pocket Guide Life Series.*) You can find your copy here: [https://mybook.to/brace\\_emotions](https://mybook.to/brace_emotions) or scan the QR code below:



For more books and guides by **Elizabeth E James** please visit the publisher's website: <https://emapublishing.com> or scan the QR code below:

