



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 steadying

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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/embrace_emotions or scan the QR code below:



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