



Daily Stress Check-In Checklist:

- **Morning Reflection:**
 - Rate your overall mood on a scale of 1 to 10 (1 being low, 10 being high).
 - Note any immediate thoughts or concerns that come to mind.
- **Physical Sensations:**
 - Check in with your body. Are there any physical signs of stress (e.g., tension, headaches, stomach discomfort)?
 - Rate the intensity of any physical sensations on a scale of 1 to 5.
- **Upcoming Challenges:**
 - List any upcoming tasks or challenges for the day that may contribute to stress.
 - Consider how you can approach these challenges proactively.
- **Emotional Check:**
 - Identify your primary emotions at the moment (e.g., happy, anxious, calm).
 - Reflect on any specific events or situations influencing your emotions.
- **Morning Routine Reflection:**
 - Evaluate how your morning routine contributed to or alleviated stress.
 - Note any adjustments needed for future mornings.
- **Midday Check-In:**
 - Take a moment in the middle of the day to assess your stress levels.
 - Are there specific triggers or stressors that have emerged since the morning?
- **Breathing Exercise:**
 - Perform a quick breathing exercise to promote relaxation.
 - Note any changes in your stress levels after exercise.
- **Lunchtime Reflection:**
 - Reflect on the quality of your lunch break. Did it provide an opportunity for relaxation and recharge?
 - Consider adjustments to enhance future breaks.

- **Afternoon Challenges:**
 - Identify any additional challenges or tasks for the afternoon.
 - Plan how to address them mindfully and efficiently.
- **Evening Wind Down:**
 - Rate your stress levels in the early evening.
 - Plan a wind-down routine for the evening to promote relaxation.
- **Physical Activity Check:**
 - Reflect on any physical activity or exercise during the day.
 - Consider how physical activity contributes to stress management.
- **Social Connections:**
 - Assess the quality of your social interactions during the day.
 - Note the impact of social connections on your mood and stress levels.
- **Evening Reflection:**
 - Rate your overall stress levels in the evening.
 - Reflect on positive moments and achievements throughout the day.
- **Gratitude Practice:**
 - List three things you are grateful for today.
 - Engage in a brief gratitude practice to shift focus to positive aspects.
- **Nighttime Routine:**
 - Evaluate your nighttime routine. Did it support relaxation and quality sleep?
 - Consider adjustments for a more restful night.