



CHECK IN WITH YOURSELF

It is important to make sure that you're getting what YOU need - even though most of your days are spent taking care of others. Doing a daily scan of your physical, mental, and emotional state can be helpful during times of higher stress / anxiety / tension.

Space has been provided for you on the second page. You do not have to answer all the questions, but some may stick out to you! These are the ones you should focus on during your daily scans.



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PHYSICAL

- Body Scan:
 - What does my body feel like?
 - Am I holding tension anywhere?
 - Am I experiencing any aches / pains?
- Have I had enough water today?
- Have I eaten enough food today?
- How many hours of sleep did I get?
- Did I move my body today?
- Have I been outside today?
- What is my energy level, scale of 1-10.



MENTAL

- How am I **REALLY** feeling today?
- What is taking up most of my headspace right now? *Write it out.*
- Am I focusing on anything that is outside of my control?
- How is my current mental load? Is there anyone I can delegate any tasks to?



EMOTIONAL

- What emotions am I experiencing right now? *Name them.*
- What brought these on (I think?)
- What do I need MORE of right now?
- What do I need LESS of right now?
- How can I be kinder to myself today?
- Was today a good or bad day? *Why?*



RELATIONSHIPS

- Do I feel connected to my partner?
- What is something we can do together THIS WEEK to feel connected?
- What do I need from my partner?
- Have I expressed my needs? Or am I hoping they can read my mind?
- Am I placing unrealistic expectations on them (or myself)?
- Have I seen any of my friends recently?
- Am I avoiding any events, conversations, or people in general?

Write it OUT. Get it out of your head and onto paper.

How stressed are you?



How tired are you?



How hungry are you?



How is your overall mood?



Do you feel loved/valued?



Are you taking time for self-care?



Is there something you can do immediately to help you feel more calm? (Grounding, for example)

What is something you can do today to bring more joy to your life?



PHYSICAL



MENTAL



EMOTIONAL



RELATIONSHIPS