

# 5 Steps for a Daily Emotions Check-In



**P**

**Pause and breathe for a moment.**



**A**

**Ask yourself how you feel.**



**S**

**Say the emotion words out loud or write them on paper.**



**T**

**Think about your feelings. Sit with them and let them be.**



**A**

**Ask yourself what you need. Say or list what could help you move forward.**



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