

Checking In And Exploring Your Options

Mindful Check-In

1. How am I feeling?
2. What are my options?
3. What is one thing I can try?

Reflect and be open to trying something else

Activating Ideas — to help you feel alive and energised

- Diving under salty waves
- Dancing to a uplifting song
- Practicing hot yoga
- Walking with a friend
- Going for a run
- Seeing someone smile
- Listening to your favourite song
- Washing cold water on your face
- Smelling flowers
- Taking a deep breath in and out
- Drinking sparkling water
- Smoke diffuser with peppermint oil
- Patting your body with your hands

Down-Regulating Ideas — to help you feel grounded and calm

- Watching the sun set
- Slow intuitive yoga
- Hugging a dear friend
- Hearing a beautiful voice
- Listening to ambient music
- Tidying your space
- Lighting a candle or incense
- Eating melted chocolate
- Drinking herbal tea
- Taking a few conscious breaths
- Guiding your muscles to soften
- Having a warm shower or bath
- Placing a warm wet towel over your face
- Walking in nature
- Journaling about your day
- Placing your hands on your body

Build Your Collection

Source	<i>Effect</i>	<i>Activating</i>	<i>Down-Regulating</i>
Nature			
Movement			
People			
Sounds			
Sights			
Smells			
Taste			
Touch			