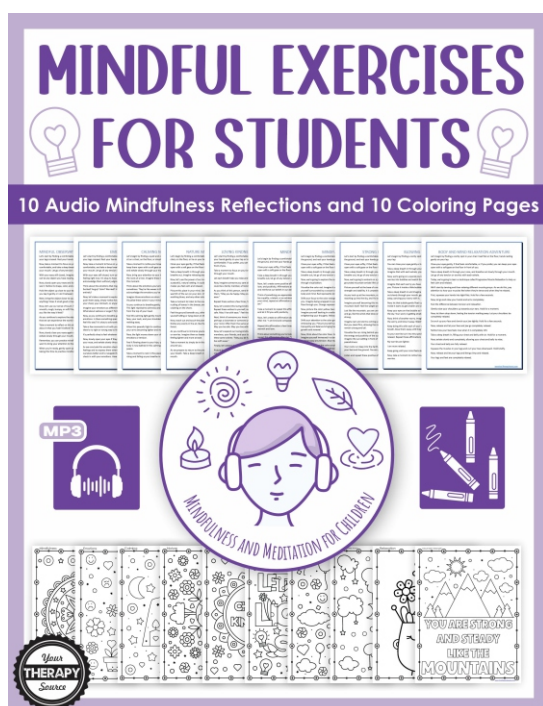This Emotion Check In Mindfulness Journey is from the complete **Mindful Exercises for Students** Digital Package from Your Therapy Source.

Get the **audio file** for this mindful exercise at
https://d3eizkexujvlb4.cloudfront.net/2024/01/04061201/Emotion-Check-IN.mp3
or click on the
QR code.

EMOTION CHECK IN

Let's start by finding a comfortable sitting position, either on a chair or on the floor with your legs crossed. Rest your hands gently on your lap or knees.

Now, take a moment to focus on your breath. Close your eyes softly, if that feels comfortable, and take a deep breath in through your nose, and exhale slowly through your mouth. Let go of any tension or worries with each exhale.

With your eyes still closed, turn your attention inward and think about how you're feeling right now. It's okay to have all kinds of emotions, and it's important to acknowledge them without judgment.

Think about the emotions that might be swirling inside you.

Are you feeling happy? Sad? Excited? Angry? Calm? Worried? Hurt? Tired?

Maybe you are feeling something else entirely?

Now, let's take a moment to explore these emotions. Without trying to change them or push them away, simply notice how they feel in your body.

Do you feel any sensations in your chest, your stomach, or anywhere else?

Imagine your emotions as different colors. What color would happiness be for you? What about sadness or anger? Picture these colors in your mind.

Now, as you continue to breathe gently, think about what might have caused these emotions.

Is there something specific that happened today or recently that made you feel this way? It's okay to acknowledge these reasons.

Take a few moments to sit with your emotions and just be with them. Remember, there's no right or wrong way to feel.

It's perfectly okay to feel whatever you're feeling.

Now, slowly open your eyes if they were closed. Take another deep breath in through your nose, and exhale slowly through your mouth.

As we conclude this emotion check-in, know that it's important to be aware of our feelings and to express them when we need to.

It's a healthy way to understand ourselves better and to navigate the world around us.

Thank you for taking this time to check in with your emotions. Have a wonderful day!

Emotions