

Check-in with yourself



60 minutes

Objective

 To help participants practice social rest by learning how to check in with their feelings and needs. This workshop will guide them through selfreflection and simple ways to recognize their emotions without judgment.

Materials needed

- Paper and pens
- Feeling cards (or a printed list of emotions)
- Soft background music (optional)
- A guided check-in prompt (written or recorded)



Tool Description

This session encourages participants to take a pause and reflect on their emotions. Many people go through the day without noticing how they feel. This activity will help them develop a habit of self-awareness, which can support emotional rest.





Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter Social Rest
- Introduce the importance of **checking in with yourself** as a practice and let participants know this will be the main focus of this module
- Reflection Questions to Start a Discussion:
 - How often do you pause and notice how you feel?
 - Why do you think people ignore their emotions?
 - What are some signs that you need emotional rest?

2 - GUIDED SELF-CHECK-IN (15 minutes)

• Give participants feeling cards or a list of emotions.

Ask them to pick a word that describes how they feel right now.

• If they struggle to find the right word, they can use a body scan (noticing tension, energy levels, etc.).

• Let them write a few sentences about why they feel this way.







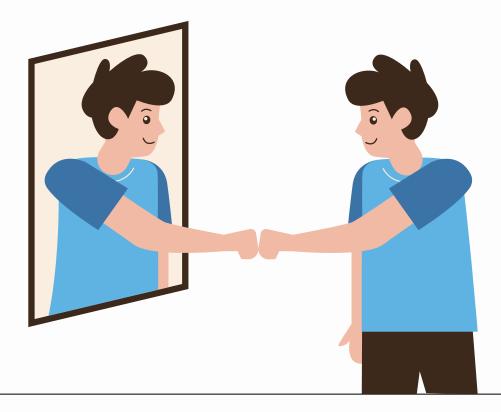
Instructions

3 - SELF-EXPRESSION ACTIVITY (15 minutes)

- Ask participants to express their emotions in a creative way, such as:
 - Writing a letter to themselves
 - Drawing their emotions with colors or shapes
 - · Writing a list of things that make them feel calm and safe
- Let them keep their work private if they prefer.

4 - REFLECTION AND CLOSURE (10 minutes)

- Ask participants how it felt to check in with themselves.
- Encourage them to practice this habit daily, even for a few minutes.





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Reflection questions

Here are a few questions to facilitate discussion and reflection, such as:

 What did you notice about your emotions today that you might have overlooked otherwise?

Checking in with yourself creates a bridge between how you feel and how you heal.

- How did naming your feelings influence your sense of clarity or calm?
- Which emotions felt easiest to acknowledge, and which were harder?
- How did your body reflect your emotional state during the check-in?
- What patterns do you notice in your feelings over the past week or month?



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Annex 1

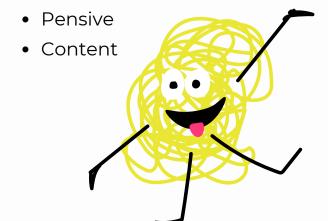
LIST OF EMOTIONS

Positive / Energising

- Joyful
- Excited
- Hopeful
- Relaxed
- Grateful
- Confident
- Peaceful

Neutral / Mixed

- Thoughtful
- Curious
- Tired
- Uncertain
- Calm

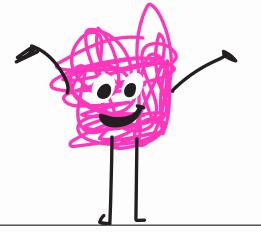


Challenging / Low-Energy

- Overwhelmed
- Sad
- Frustrated
- Lonely
- Anxious
- Irritated
- Stressed

Restorative / Recharging

- Relieved
- Supported
- Accepted
- Inspired
- Nurtured
- Reassured
- Safe





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