

Daily *Check-In*

What do I need today?

Feeling stressed, anxious or overwhelmed? This daily check-in offers a simple way to pause and notice what you need across your body, mind, feelings and sense of self. Use it whenever you need a moment to check in, and let your answers guide one small act of care and a more mindful approach to your wellbeing.



For my *body*

What would help my body feel cared for today?

Rest, water, a nourishing meal, a short walk, fresh air, a stretch



For my *mind*

What would help my mind feel calmer or clearer today?

A quiet pause, less screen time, one thing at a time, writing a list



For my *feelings*

What do I need right now for my feelings?

Comfort, space, a good cry, a laugh, someone to talk to



For my *sense of self*

What would help me feel more like myself today?

Something I enjoy, a value I want to live by, a kind word to myself

Would you like more support?

Learn more at www.marlynna.com

This resource is for general reflection and is not a substitute for professional support. Therapy sessions are not for emergencies. For immediate crisis support or urgent medical care, please contact your local emergency services.