

Emotional Check-In Cards

WELLNESS DESIGNED FOR YOU

A collection of simple reflection prompts and coping strategies designed to help employees pause, recognize their emotions, and support their well-being throughout the workday.



PAUSE & REFLECT

1

How are you feeling right now?

Take a moment to check in with yourself.



PAUSE & REFLECT

2

What is one thing going well for you this week?

Take a moment to recognize a small win.



PAUSE & REFLECT

3

What do you need more of today?

-  Rest
-  Connection
-  Movement
-  Quiet Time
-  Support

PAUSE & REFLECT

4

What is contributing to your stress right now?

Take a moment to identify what's on your mind.



TRY THIS



Take 3 slow, deep breaths.

Focus on your breath in and out.



Name one thing causing stress.

Write it down or say it to yourself.



Identify one thing within your control today.

Focus on what you can influence.

TRY THIS



Write down one thing you're grateful for.

It can be big or small.



Celebrate one accomplishment.

Every win counts!



Think about one strength that helped you this week.

You've got this!

TRY THIS



Take a 5-minute walk.

Step away and refresh your mind.



Stretch your body.

Release tension and reset.



Reach out to someone you trust.

A quick check-in can make a difference.



Give yourself permission to take a short break.

You deserve it.

TRY THIS



Practice box breathing.

Breathe in, hold, out, hold. Repeat.



Write down your thoughts.

Get it out of your head and onto paper.



Choose one small action you can take today.

Small steps create big change.