



20 QUESTIONS TO ASK YOURSELF

Check in

The first thing to know right now: it's **completely normal** to be experiencing a wide range of emotions.

Accepting your feelings is an important first step to building resilience. The simple act of naming your emotions has been found to benefit overall wellbeing. So, we invite you to take a moment now to tune into your body and notice how you're feeling.

Circle the emotions below that you identify with. You are welcome to add in other emotions that better represent the way you feel.



- How am I feeling right now?
- Is the stress in my life accumulating from a lack of play?
- What is the most loving and supportive thing I can do for myself right now?
- Is there a boundary I need to communicate?
- When I listen to my body, what does it need?
- In what ways am I avoiding my truth?
- Can I do this on my own? If not, where can I turn?
- What can I do to take care of myself today?
- I'm excited to focus on...
- What am I holding onto? And would it be ok to let it go?
- I will create space from...
- What can I forgive myself for?
- Is there someone I can forgive?
- When is the last time I moved my body?
- Have I taken a moment to breathe today?
- What do I like about myself?
- Who am I checking in on or connecting with today?
- What can I do to feel powerful?
- How can I express my gratitude today?
- Am I fighting life or inviting life?

Angry	Sad	Anxious	Hurt	Confused	Thankful	Fed Up	Tearful
Content	Upset	Frustrated	Healthy	Vulnerable	Mournful	Betrayed	Inspired
Lonely	Irritated	Cautious	Nervous	Abandoned	Relieved	Trusting	Bewildered
Skeptical	Deprived	Shocked	Pessimistic	Annoyed	Spiteful	Impatient	Worried
<i>Fill in your own:</i>							

Taking Care of Yourself in the Small Moments



1

KNOW THE SYMPTOMS

Stress is your body's way of responding to any kind of demand or threat.

List your own symptoms that may relate to stress.

- Tension & irritability
- Fear & anxiety
- Sleep problems
- Loss of appetite
- Trouble concentrating
- Stomach problems
- Anger & confusion
- Headaches & body aches



2

LEARN YOUR TRIGGERS

A number of factors can cause stress. Learning what's stressful to you can help reduce your daily discomfort.

List your own workplace stressors.

- Increased workload
- Budget cuts and restructuring
- Fears over the pandemic
- Conflict with coworkers
- Change of management
- Financial issues
- Personal matters interfering with work



3

SHRINK YOUR STRESS

Exercises and healthy habits can help you reduce tension and relax.

Discover which stress-relievers work best for you.

RELAX & RELEASE

- **Breathe in, then out for 10 full seconds.**
- **Release your muscles as you breathe.**
- **Focus your breathing on a simple word or phrase.**

GET PHYSICAL

- Stretch your arms, legs and neck.
- Write down 3 things that make you smile.
- Take a walk outside or around your work area.

STAY PRESENT

- Take a real lunch break and read a book or magazine.
- Leave work at the workplace.
- Call or video with family and friends after work.
- Spend time with your pet.

Want to talk about it?

Are you feeling impacted by the layers of change going on in our world? We're here to help.

Call **866-660-9533** to
get a referral to a
counselor or resources
(toll-free and 24/7)

www.investeap.org

We take your privacy seriously. All of our services and supports are entirely **confidential and free** for anyone in your household.

