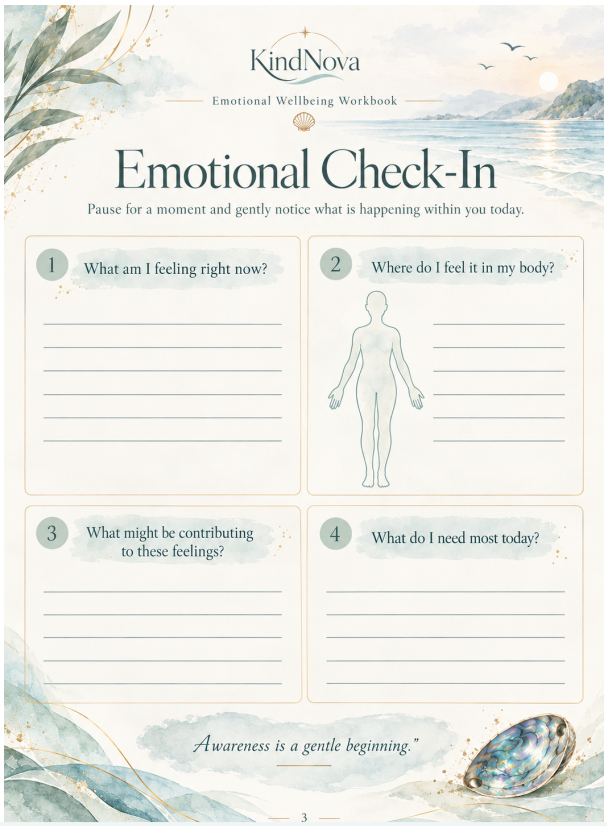
KindNova

The Emotional Check-In & Reset

FREE EMOTIONAL WELLBEING GUIDE



A gentle place to pause, name what is happening, and choose one supportive next step.

WELCOME

A Five-Minute Check-In

You do not need to solve everything. Start by noticing what is here.

If this is new to you

An emotional check-in is simply a short pause to notice what you are feeling, what may be contributing, and what you need. It can help you respond with more choice instead of staying on autopilot.

- [ ] Keep your answers simple. One word is enough.
- [ ] Try to notice without judging yourself.
- [ ] Mixed feelings are normal.
- [ ] You can repeat this guide whenever you need it.

“You do not need to understand everything before you can support yourself.”

What would feel supportive right now?

Rest, space, clarity, connection, a smaller task, something else?

STEP 1

Name What Is Here

Putting a few words around a feeling can make a confusing moment easier to understand.

Why this helps

Feelings are signals, not instructions. Naming an emotion does not make it bigger - it often helps your mind organise what is happening.

What am I feeling?

Try: anxious, frustrated, flat, overwhelmed, disappointed, hopeful, tired, unsettled.



Where do I notice it?

Chest, stomach, jaw, shoulders, breathing, energy, thoughts?

What may be contributing?

Sleep, pressure, conflict, change, workload, uncertainty, loneliness, overstimulation?

STEP 2

Make the Moment Smaller

When everything feels big, a smaller question is often more useful.

Why this helps

Instead of asking 'How do I fix everything?', ask what would make the next hour a little easier. Small support still counts.

What can I control?

What can I pause?

Who or what could help?



My next small step

What could make today 5% easier?

STEP 3

Choose One Reset

A reset does not need to erase the feeling. It can simply give you something steady to return to.

Why this helps

Different moments need different support. Try one option rather than doing everything at once. Then notice whether it helped even slightly.

- [ ] Take three slower breaths
- [ ] Drink water or eat something
- [ ] Step outside or change rooms
- [ ] Write down what is circling in my head
- [ ] Put my phone away for ten minutes
- [ ] Message someone safe
- [ ] Do one tiny task
- [ ] Let one non-urgent thing wait

What reset am I choosing?

What would make it easier to actually do?

“A softer moment is still a change in direction.”

My Emotional Reset Plan

Keep this page somewhere easy to return to.

Why make a plan?

It is easier to remember what helps when you decide it before you are overwhelmed. Use this as your quick personal reset map.

My early signs

What I usually need

My quickest grounding tool

Who / what supports me

A sentence I want to remember

“If you want to go deeper, A Calmer Mind explores emotional wellbeing across 25 guided pages.”

KindNova provides general wellbeing and reflection resources and is not a substitute for professional care.