

Emotional Wellbeing Daily Check in

For many people, worrying and overthinking takes places at bed time. It can be helpful to check-in with yourself at an earlier time of day, so that your brain can be reassured whilst you sleep. If you have one, use a page a day diary or a notebook to write down the things below. You should try to do this everyday so it becomes habit, rather than just when you are worried or anxious. Be creative – words or pictures or both are fine.

1. Name three things that have worked well for you today?

2. Name 3 things that you are worried about?

3. Name one thing that you can do for each worry that might make it less of a worry?

4. When would be a good time to try those things?

5. Name who can help you or talk to you about each worry?

6. What has gone well today? What could you try tomorrow?

7. Name three things that you are looking forward to -
 - a] tomorrow
 - b] this week
 - c] this month

Finally - don't forget to smile each time you see yourself