



THE INSTITUTE FOR INTEGRATIVE HEALING

# MINDFUL MOMENTS

A DAILY MIND-BODY CHECK IN JOURNAL

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# INTRODUCTION

## THE EMOTION & SENSATION MENU WITH DAILY EMOTIONAL CHECK-IN GUIDE

Emotions are messengers! They are an integral part of our human experience. Unfortunately we often suppress them or push them aside. By taking time each day to check in with ourselves, we create space to explore, understand, and validate our emotional landscape. This Emotion & Sensation Menu is designed to help you recognize and name your emotions, while tuning into the physical sensations that accompany them. Pairing this awareness with reflective journaling can deepen your emotional understanding and support your overall well-being.

## WHY EMOTIONS & SENSATIONS MATTER

Emotions don't just exist in our minds—they live in our bodies. Which means emotional regulation begins in the body! When we experience emotions, they come with physical sensations, such as tension, warmth, or even restlessness. By learning to connect these sensations with our emotions, we become more aware of what's happening internally. This gives us the opportunity to respond to our experiences in healthier, more compassionate ways, learn to regulate & resource ourselves!

## USING THIS GUIDE, YOU CAN:

- Identify the emotions you're experiencing and how they show up in your body.
- Understand how emotions and sensations are connected.
- Reflect on the meaning and needs behind your emotions.
- Practice emotional regulation, mindfulness, and self-compassion through journaling.



Thank you for making the commitment to grow in your emotional self-awareness. Each day that you reflect on your emotions and sensations, you strengthen your connection to yourself and foster personal growth.

Remember that emotions are not meant to be judged or suppressed—they are meant to be felt, understood, and embraced. It is also crucial to realize that emotional regulation begins with connection to the body.

As you use this journal, be patient with yourself, and recognize that emotional wellness is an ongoing process. Every step you take toward understanding your feelings brings you closer to a more balanced, mindful, and fulfilling life.

As you begin, I invite you to embrace this journey with compassion and curiosity. Each entry is a step toward deeper connection—with yourself and the present moment.

Mindfulness isn't about perfection; it's about presence. Allow yourself grace as you practice connecting more with yourself, knowing that even small moments of awareness can spark profound healing and growth.

SENDING LOVE YOUR WAY,

*Myra Hurtado*



# HOW TO USE THE EMOTION & SENSATION MENU

- 1. Identify the Emotion:** Start by tuning into how you're feeling. Look over the Emotion Menu to find an emotion that resonates with your current state. This can help you give a name to your emotional experience, whether it's joy, sadness, anger, or something more subtle.
- 2. Notice the Sensation:** After identifying the emotion, turn your attention to your body. What physical sensations are you experiencing? Is there tightness, warmth, or heaviness? Use the menu to connect your emotions with possible sensations. This awareness will help you understand the ways in which your emotions manifest in your body.
- 3. Journal and Reflect:** Once you've identified the emotion and sensation, use the Reflective Questions to dig deeper. Answer the questions honestly, and allow your thoughts to flow naturally. The goal isn't to judge or fix your emotions but to understand them and allow them space to be expressed.



# THE EMOTIONS/SENSATIONS MENU

Below you'll find an Emotions/Sensations Menu for journaling, paired with physical sensations that may coincide with each emotion.

<b><u>EMOTION</u></b>	<b><u>POSSIBLE SENSATIONS</u></b>
Joy	<ul style="list-style-type: none"><li>• Lightness in the chest, warmth in the heart, smiling, energy surge</li></ul>
Sadness	<ul style="list-style-type: none"><li>• Heaviness in the chest, lump in the throat, tears, low energy</li></ul>
Anger	<ul style="list-style-type: none"><li>• Tightness in the jaw, heat rising in the body, clenched fists, shallow breathing</li></ul>
Fear	<ul style="list-style-type: none"><li>• Butterflies in the stomach, rapid heartbeat, sweating, shallow breath</li></ul>
Anxiety	<ul style="list-style-type: none"><li>• Restlessness, tightness in the chest, fidgeting, racing thoughts</li></ul>
Gratitude	<ul style="list-style-type: none"><li>• Warmth in the chest, calmness, deep breath, sense of ease</li></ul>
Frustration	<ul style="list-style-type: none"><li>• Tension in the shoulders, clenched teeth, restless movements, sighing</li></ul>
Love	<ul style="list-style-type: none"><li>• Warmth in the heart, open chest, smiling, relaxation</li></ul>
Loneliness	<ul style="list-style-type: none"><li>• Heavy heart, coldness, fatigue, sighing</li></ul>
Excitement	<ul style="list-style-type: none"><li>• Butterflies in the stomach, increased energy, smiling, quickened breath</li></ul>
Shame	<ul style="list-style-type: none"><li>• Burning in the face, sinking feeling in the stomach, tense muscles, slouched posture</li></ul>
Confusion	<ul style="list-style-type: none"><li>• Foggy head, tension in the forehead, unsettled stomach, deep sighs</li></ul>































# HOW TO INCORPORATE THE DAILY EMOTIONAL CHECK-IN

The Daily Emotional Check-In is a simple practice that you can integrate into your morning or evening routine. This process encourages you to take just a few minutes to ask yourself a series of questions that promote self-awareness and emotional clarity. Each day, these questions can help you recognize what you're feeling, explore why you're feeling it, and discover how you can care for yourself emotionally.

## Here's how to begin:

1. *Set aside time:* Whether it's a few minutes in the morning or before bed, find a quiet moment to reflect on your emotions. Put it on your calendar or set a reminder!
2. *Answer the check-in questions:* Use the questions provided to guide your journaling or mental reflection.
3. *Be gentle with yourself:* There's no right or wrong way to feel. Let this check-in be a moment of self-compassion and validation.

By regularly engaging with this practice, you'll start to build a deeper connection with your emotions, enhance emotional resilience, and strengthen your capacity to care for yourself emotionally. This practice can serve as a tool for emotional healing, especially if you're dealing with stress, overwhelm, or trauma. It's a pathway to holistic wellness—embracing both your mind and body on your journey toward emotional balance and self-awareness.



















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Thank you for taking the time to embark on this journey of emotional self-awareness. Each day that you reflect on your emotions and sensations, you strengthen your connection to yourself and foster personal growth. Remember that emotions are not meant to be judged or suppressed—they are meant to be felt, understood, and embraced. It is also crucial to realize that emotional regulation begins with connection to the body.

As you continue to use this journal, be patient with yourself, and recognize that emotional wellness is an ongoing process. Every step you take toward understanding your feelings brings you closer to a more balanced, mindful, and fulfilling life.

Thank you for trusting this process and dedicating time to your emotional well-being. Your commitment to exploring your emotions is a powerful act of self-care. We hope this journal has provided you with valuable insights and tools that will continue to serve you on your journey. May you carry forward the practice of checking in with yourself and nurturing your emotional health every day. You are worth it friend!

