

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 selfawareness. 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,

Muyra 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.

EMOTION	POSSIBLE SENSATIONS
Joy	Lightness in the chest, warmth in the heart, smiling, energy surge
Sadness	Heaviness in the chest, lump in the throat, tears, low energy
Anger	Tightness in the jaw, heat rising in the body, clenched fists, shallow breathing
Fear	Butterflies in the stomach, rapid heartbeat, sweating, shallow breath
Anxiety	Restlessness, tightness in the chest, fidgeting, racing thoughts
Gratitude	Warmth in the chest, calmness, deep breath, sense of ease
Frustration	Tension in the shoulders, clenched teeth, restless movements, sighing
Love	Warmth in the heart, open chest, smiling, relaxation
Loneliness	Heavy heart, coldness, fatigue, sighing
Excitement	Butterflies in the stomach, increased energy, smiling, quickened breath
Shame	Burning in the face, sinking feeling in the stomach, tense muscles, slouched posture
Confusion	Foggy head, tension in the forehead, unsettled stomach, deep sighs



Joy is a positive emotional state characterized by feelings of lightness and happiness. It often manifests physically as warmth in the chest and energy surges.

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•	Reflective	questions:

- What brought me joy today?
- How does joy feel in my body right now?
- How can I create more moments of joy?

### SADNESS

Sadness can bring a sense of heaviness, often accompanied by low energy and feelings of grief or loss.

•	Reflective	questions:

- What's the source of my sadness?
- How is sadness showing up in my body today?
- What do I need to feel supported or comforted right now?

### **ANGER**

Anger is a powerful emotion, often associated with tension, heat, and a desire for expression.

•	Reflective	questions

- What triggered my anger?
- What does my anger need to say?
- How can I express or release this anger in a healthy way?



Fear arises when we feel threatened or uncertain. Physically, it may result in butterflies in the stomach, rapid heartbeat, or shallow breathing.

•	Reflective	questions:

- What am I afraid of right now?
- How does fear feel in my body?
- What steps can I take to address or face this fear?

### **ANXIETY**

Anxiety is often tied to restlessness and a racing mind. It can manifest as tightness in the chest, fidgeting, or an inability to focus.

•	Reflective	questions:

- What thoughts are contributing to my anxiety?
- Where do I feel this anxiety in my body?
- What can help me ground or calm myself in this moment?


### GRATITUDE

Gratitude is a state of appreciation and contentment. It's often linked with feelings of warmth, ease, and relaxation.

•	Reflective	questions:

- What am I grateful for today?
- How does gratitude feel in my body?
- How can I cultivate more gratitude in my daily life?

### **FRUSTRATION**

Frustration can occur when we feel blocked or hindered. It may manifest as tension in the shoulders or clenched teeth.

•	Reflective	questions:

- What is causing my frustration?
- How is frustration manifesting in my body right now?
- What can I do to relieve or work through this frustration?

### LOVE

Love brings warmth and a sense of connection. Physically, it might feel like relaxation or openness in the chest.

•	Reflective	questions:

- Who or what do I feel love toward today?
- How does love feel physically and emotionally?
- How can I show love to myself or others today?

### LONELINESS

Loneliness often feels like a heaviness or emptiness in the heart. It may bring fatigue or a sense of isolation.

•	Reflective	questions:

- Why am I feeling lonely today?
- How can I connect with myself or others in meaningful ways?
- What does my loneliness need from me?

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### **EXCITEMENT**

Excitement often brings an increased sense of energy, butterflies in the stomach, and a quickened breath.

•	Reflective	questions:

- What is making me feel excited?
- How does excitement feel in my body?
- How can I harness this excitement for positive action?

### SHAME

Shame can result in a sinking feeling, burning in the face, or tense muscles. It often makes us feel small or withdrawn.

•	Reflective	questions:

- What is triggering my shame?
- How does this shame feel in my body?
- How can I practice self-compassion and forgiveness?


### CONFUSION

Confusion may feel like mental fog, tension in the forehead, or an unsettled stomach.

•	Reflective	questions:

- What am I confused about today?
- What might I need for clarity?
- What can I do to break down this confusion and find direction?

# 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.



#### STARTING THE WEEK MINDFULLY

As you begin your week, take a moment to check in with how you're feeling. Use today's reflection to set the tone for a mindful and balanced week.

1. How do I feel right now?
(Name the emotion(s) and physical sensations.)
2. What may have triggered this emotion?
(Mondays can bring specific triggers—what is it for you today?)
3. Where do I feel this emotion in my body?
(Notice any Monday-specific physical sensations—tension, excitement, or sluggishness.)
4. What message is this emotion trying to communicate to me?
(Reflect on what this emotion is saying about your start to the week.)
5. What do I need to support myself in processing or expressing this emotion?
(What tools will help ease into the week? Planning, mindfulness, or rest?)
6. How can I take care of my emotional well-being for the rest of the day?
(How will you manage your emotional health for a strong start?)
7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?
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#### **GAINING MOMENTUM**

On this second day, we reflect on how you're progressing through the week. What emotions are you experiencing, and how can you carry positive energy forward?

1. How do I feel right now?
Name the emotion(s) and physical sensations.)
2. What may have triggered this emotion?
'Are you building momentum or feeling overwhelmed by the week?)
3. Where do I feel this emotion in my body?
What is your body telling you today about your emotional state?)
4. What message is this emotion trying to communicate to me?
What insight does this emotion provide about how you're handling the week so far?)
5. What do I need to support myself in processing or expressing this emotion?
Do you need more energy or time to rest?)
6. How can I take care of my emotional well-being for the rest of the day?
7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?

#### WEDNESDAY

#### **MIDWEEK CHECK-IN**

Pause to evaluate your emotional state. How are you feeling halfway through the week, and what can you do to maintain or restore your emotional balance?

1. How do I feel right now?
(Name the emotion(s) and physical sensations.)
2. What may have triggered this emotion?
(Is it midweek stress or midweek accomplishments that you're feeling?)
3. Where do I feel this emotion in my body?
(Are there signs of stress or relaxation in your body today?)
4. What message is this emotion trying to communicate to me?
(What does this emotion tell you about the balance between work and rest?)
5. What do I need to support myself in processing or expressing this emotion?
(Midweek reflection: What do you need to sustain yourself for the rest of the week?)
6. How can I take care of my emotional well-being for the rest of the day?
7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?



#### **NEARING THE WEEKEND**

With the weekend approaching, reflect on your emotions and how you've handled the week so far. What can you adjust or celebrate as the week comes to a close?

1. How do I feel right now?						
(Name the emotion(s) and physical sensations.)						
2. What may have triggered this emotion? (Does anticipation of the weekend influence how you feel today?)						
						3. Where do I feel this emotion in my body?
(Are there signs of stress or relaxation in your body today?)						
4. What message is this emotion trying to communicate to me?						
(What does this emotion reveal about your readiness for the weekend?)  5. What do I need to support myself in processing or expressing this emotion?  (Do you need a break or an extra push to finish the week strong?)  6. How can I take care of my emotional well-being for the rest of the day?						
						7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?



#### WRAPPING UP THE WEEK

As you wind down the week, take stock of your emotional well-being. What are you feeling today, and how can you finish the week in a positive, grounded way?

I. How do I feel right now?
Name the emotion(s) and physical sensations.)
2. What may have triggered this emotion?
How does finishing the week influence your mood today?)
3. Where do I feel this emotion in my body?
Do you feel relief, exhaustion, or excitement physically?)
1. What message is this emotion trying to communicate to me?
What insight does this emotion offer about how you've handled the week?)
5. What do I need to support myself in processing or expressing this emotion?
6. How can I take care of my emotional well-being for the rest of the day?
7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?
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#### WEEKEND REFLECTION

The weekend is here! Reflect on your emotions, whether you're resting or preparing for activities. How can you take care of yourself emotionally today?

I. How do I feel right now?
Name the emotion(s) and physical sensations.)
2. What may have triggered this emotion?
Does a change of pace affect how you feel today?)
B. Where do I feel this emotion in my body?
Do you feel more relaxed or more energized today?)
1. What message is this emotion trying to communicate to me?
What can you learn from how you're feeling on the weekend?)
5. What do I need to support myself in processing or expressing this emotion?
5. How can I take care of my emotional well-being for the rest of the day?
7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?



#### PREPARING FOR THE WEEK AHEAD

As the weekend comes to a close, reflect on the emotions you've experienced. How can you prepare yourself emotionally for the upcoming week, while also allowing time for rest?

1. How do I feel right now?
Name the emotion(s) and physical sensations.)
2. What may have triggered this emotion?
Are you reflecting on the past week or preparing for the one ahead?)
3. Where do I feel this emotion in my body?
'Are you feeling calm, rested, or anxious about the upcoming week?)
4. What message is this emotion trying to communicate to me?
What does this emotion say about how ready you feel for the upcoming week?)
5. What do I need to support myself in processing or expressing this emotion?
6. How can I take care of my emotional well-being for the rest of the day?
7. Is there an action I need to take, or can I simply allow myself to feel this without judgment?

#### THE INSTITUTE FOR INTEGRATIVE HEALING

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!



