

**\* for teens**

# MY DAILY CHECK-IN

**A short end-of-day worksheet**

What came up today?  
Drop anchor  
A moment of self-compassion  
Mindful drawing  
Values, gratitude, and looking forward  
Coping skills

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# 1. Identify triggers, difficult thoughts & heavy feelings

Today, I noticed... (a thought that kept circling, a feeling that showed up, something that set you off, even a little)



## 2. Drop Anchor

We cannot control the stormy weather of thoughts and feelings, but we can simply sit and watch it until it passes.

*\*\*tick each box off as you complete the step & take one slow breath in between each step*

- ☐ Notice your thoughts – like radio playing in the background, like planes in the sky. Say  
"I am having the thought that ...."

***breath in for 4, hold for 2, breath out for 6***

- ☐ Notice and name your feelings and emotions: Say "Here is worry, here is tiredness, here is ..."

***breath in for 4, hold for 2, breath out for 6***

- ☐ Connect to your body – press feet onto the floor, move your neck and shoulders.

***breath in for 4, hold for 2, breath out for 6***

- ☐ Engage with your five senses – things you can see, feel, hear, taste and smell

***breath in for 4, hold for 2, breath out for 6***

## 3. A moment of self-compassion

Hand on your chest or arm – say each sentence slowly

### **Acknowledging**

"I am having a difficult moment."

### **I am not alone**

"Other people feel this way too; I am not alone."

### **Self-kindness**

"May I be kind to myself."



## 4. Mindful drawing

No plan needed. Lines, shapes, scribbles, or draw the shape of a feeling.



## 5. Values, gratitude, & looking forward

**What actually matters to you? (a person, kindness, honesty, creativity — whatever comes to mind)**

**What's one good moment from today?**

**What's one thing you're looking forward to tomorrow?**



You don't need today to have been good for this to work. You're just making sure the good doesn't get lost.

## 6. A list of healthy coping skills for today, or carry onto tomorrow

### MINDFULNESS & GROUNDING

- ☐ Breathe in for 4, hold for 2, breath out for 6
- ☐ Name 2 things you can hear, 3 colours you can see
- ☐ Press your feet down firmly and feel the ground
- ☐ Hold an ice cube / eat something sour

### COGNITIVE DEFUSION

- ☐ Sing your thoughts
- ☐ Say your thoughts in a silly/funny voice
- ☐ Question yourself: Is this thought helpful? Is this thought useful? Does buying into this thought work for me for the long run?

### HEALTHY DISTRACTION

- ☐ Put a song on that makes you feel calm and safe
- ☐ Count backwards from 100
- ☐ Play with your pets

### MOVEMENT

- ☐ Move your body - dance, go for a walk/run
- ☐ Jump on 1 foot
- ☐ Stretch your body



### REACH OUT

- ☐ Talk to/message a friend or family
- ☐ Get a hug / hug yourself
- ☐ Write an encouraging message to yourself