



*"When we deny our stories and disengage from tough emotions, they don't go away; instead, they own us, they define us... in other words, the more we try to avoid our emotions, the more control they have over our thoughts and behavior."*

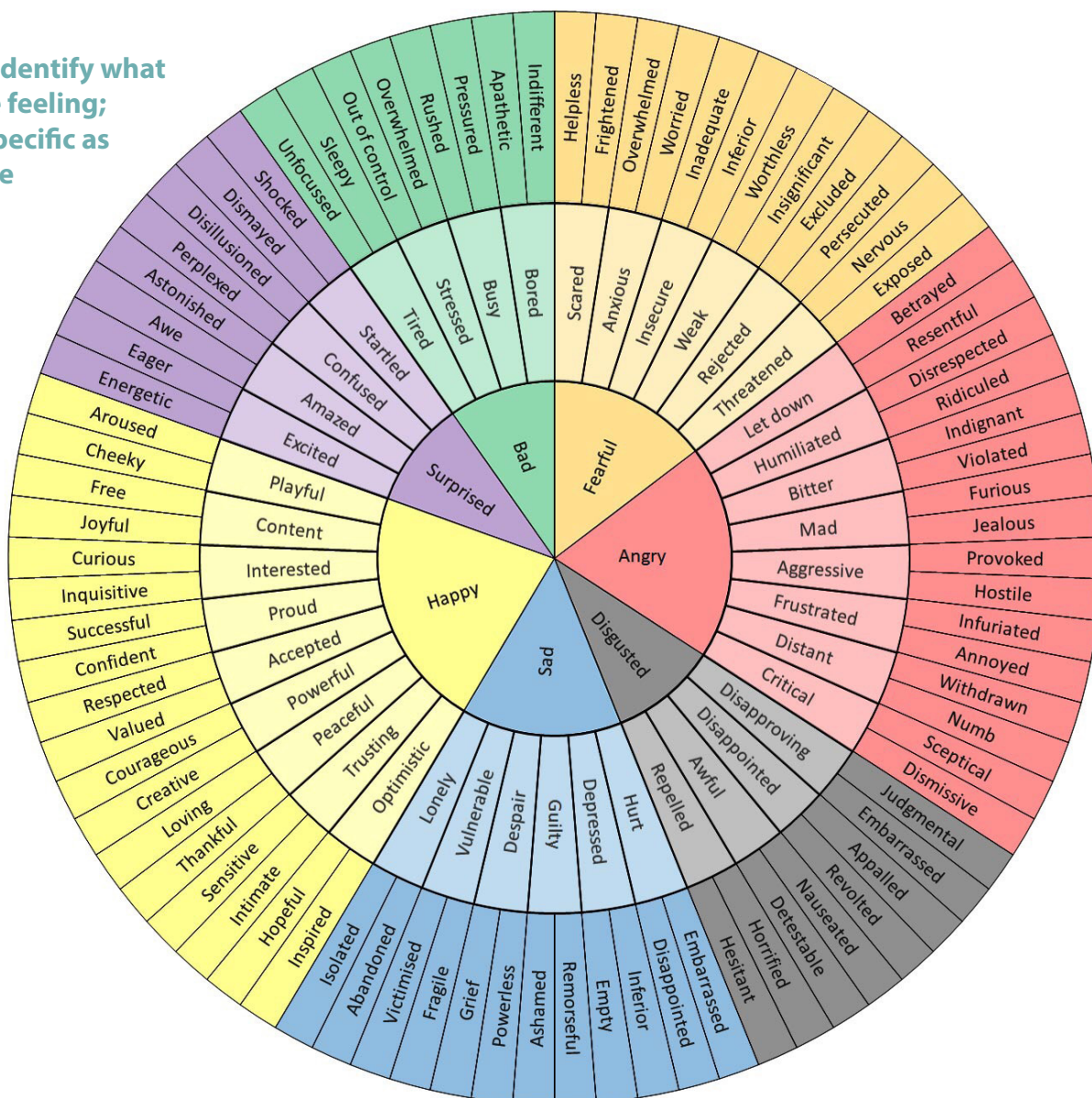
BRENE BROWN, PhD

# EMOTIONAL ATTUNEMENT

## IDENTIFY EMOTIONS, BUILD MINDFULNESS, AND SELF-ATTUNEMENT

This may seem "too simple" yet it is an imperative to have awareness of your emotions (mindfulness) to have a calmer nervous system, less reactivity, lower stress, clearer thinking, self-attunement, and a more enjoyable life overall. This practice is a start in building your Emotional Health Skills.

Use to identify what you are feeling; be as specific as possible



# RECORD YOUR EMOTIONS DAILY AT LEAST 4 TIMES A DAY

Building your Emotional Intelligence begins with Emotional Literacy. Check in with yourself at least four times a day and list the current emotions you are feeling. Journal, use this worksheet, or text yourself what you're feeling in the moment. I also recommend the app MOOD METER: <https://moodmeterapp.com/>

SUNDAY		SUNDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
MONDAY		MONDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
TUESDAY		TUESDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
WEDNESDAY		WEDNESDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
THURSDAY		THURSDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
FRIDAY		FRIDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
SATURDAY		SATURDAY	
Waking-Up			
Midday			
Evening			
Bedtime			