

# MINDFULNESS CHECK-IN

## H.

HUNGRY



## A.

ANGRY



## L.

LONELY



## T.

TIRED



REACT or RESPOND  
Questions to create your space.

## H HUNGRY

When did I last eat?  
Is my hunger emotional or does my body need food?  
If your body is asking for food, find something nutritious to snack on.

## A ANGRY ANXIOUS

What's are you dealing with right now that is stressful?  
Is the stress what making you angry?  
Find out why you're angry and find ways to diffuse that anger.

## L LONELY

When is the last time you socialized?  
Was it a positive or negative experience?  
Reach out to your support system. Let them to help you.

## T TIRED

Have I been getting enough rest and giving my body the breaks it needs?  
How can you energize yourself?  
Take some time to yourself and breath.



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