

# Heart Stress & Regulation – Emotional Check-In

**Purpose: Emotional + physiological awareness**

**When you feel heart strain or emotional pressure:**

- I notice tension in my:
- Chest  Shoulders  Jaw  Breath
- My emotions feel:
- Overwhelming  Tight  Steady  Calm

**Regulation pause:**

- Slow your exhale (inhale 4, exhale 6)
- Name one thing that feels supportive right now

**Regulation supports resilience—emotionally and physically.**

**Educational use only.**