

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.