

# Emotional First Aid Worksheet

Use this worksheet when you're feeling overwhelmed, anxious, or emotionally flooded. These steps help you calm your mind, understand your feelings, and choose gentle next steps.

## 1. What am I feeling right now?

(Name as many emotions as you notice.)

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## 2. Where do I feel it in my body?

(Chest, stomach, shoulders, jaw, etc.)

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## 3. What triggered this feeling?

(If you're not sure, it's okay.)

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## 4. What do I need in this moment?

(Comfort, rest, space, support, grounding, etc.)

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## 5. What grounding or calming technique can I use?

(Deep breathing, grounding exercise, stretching, prayer.)

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## 6. What is one gentle next step?

(Drink water, take a break, text someone safe, step outside.)

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## 7. Kind Reassurance to Myself

(Write one compassionate sentence.)

