RANIA MEZRAANI
MINDSET COACH

STRESS

CHECK-IN

Card

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Take a moment to pause and notice how you are feeling right now. Rate your stress level, then gently check in with your emotions without judging or trying to change them. Awareness is the first step toward understanding what you need.

Check in with yourself

- My current stress level is:

1 2 3 4 5 6 7 8 9 10

(1 = completely calm — 10 = extremely overwhelmed)

Right now, I feel:

- ☐ Calm
- ☐ Tense
- ☐ Overwhelmed
- ☐ Anxious
- ☐ Irritated
- ☐ Emotionally drained
- ☐ Other: _____

OBSERVE WITHOUT JUDGMENT

My thoughts

What am I telling myself right now?

_____

_____

Take 3 slow breaths

Inhale... hold... exhale...

What do I need right now?

_____

_____

Affirmations

- I am safe in this moment.
- I can take things one step at a time.
- I give myself permission to pause and breathe.
- I can release what I cannot control.

Check in again, where is your stress level now?

Ready to explore it more deeply?

If you've noticed that stress keeps building up or showing up in the same ways, the Stress Relief Workbook can help you understand your triggers, recognize your stress patterns, and practice simple tools to feel calmer and more supported.

Explore the Stress Relief Workbook → www.raniamezraani.com