THE WELLNESS COMPASS / PAUSE

2-Minute Wellness Check-In

A quick pause to notice what is happening and choose one kind next step.

DATE _____ **TIME** _____

Pause. Take one slow, comfortable breath. Let your shoulders soften if that feels okay.

RIGHT NOW, HOW AM I FEELING? CIRCLE ONE NUMBER FOR EACH.

Mood	low	0	1	2	3	4	5	steady
Energy	drained	0	1	2	3	4	5	ready
Stress	high	0	1	2	3	4	5	low
Body tension	tight	0	1	2	3	4	5	at ease

WHAT MIGHT I NEED MOST RIGHT NOW? CHECK ANY THAT FIT.

- ☐ Water
- ☐ A nourishing meal or snack
- ☐ A little movement
- ☐ Rest or quiet
- ☐ Connection
- ☐ A practical next step
- ☐ Support from someone I trust

A TWO-MINUTE RESET

0:00-0:30 Notice your breathing without forcing it.

0:30-1:00 Notice one thing you see, hear, and feel.

1:00-2:00 Choose one small next step and when you will do it.

MY NEXT KIND, REALISTIC STEP

_____

ONE PERSON OR RESOURCE I CAN REACH OUT TO (IF NEEDED)

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