



PIES Check-In

Take a moment to stop and take a breath. If you like, notice your surroundings. Now, take a moment to check in with yourself. Try to come up with one or two words to describe how you are feeling:

Physically?

Intellectually?

Emotionally?

Spiritually/**S**ocially?

You can use this exercise whenever you feel confused, distracted, or disconnected. If you choose, you can notice what you'd like to focus on for yourself. You may choose to try to shift some experience or feeling, or you might try to make a feeling stronger. Or you may notice that you have some contradictory feelings. You do not need to make any changes. Try not to judge what's going on, just notice.