The Basics Check

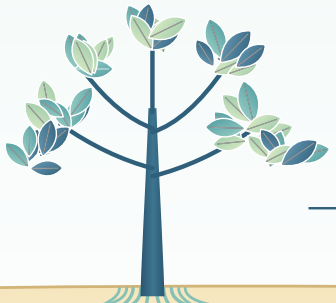
BODY, ROUTINE & WELLBEING

Before looking deeper, check what's underneath

When we're hungry, tired, overstimulated or haven't moved for hours, emotions can feel more intense and everyday stress can be harder to manage. These basics won't solve everything, but checking them is often a practical and helpful place to start.

WHEN THE ROOTS ARE DRY

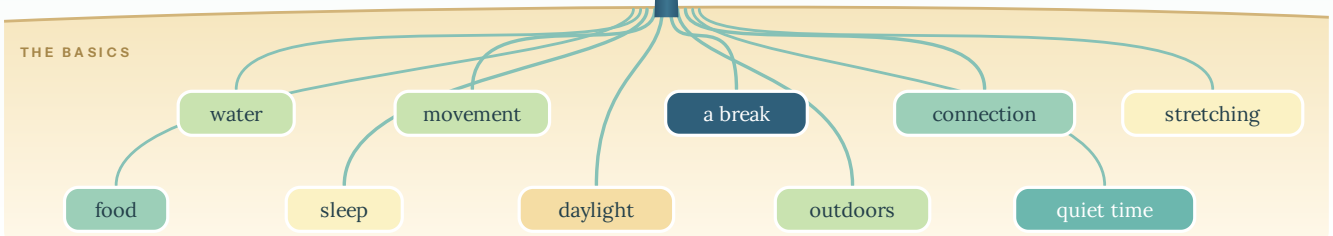
emotions can feel more intense, patience can run shorter, and everyday stress can feel harder



TENDING THEM

won't solve everything, but it is often a practical and helpful place to start

— how I'm feeling and coping
can be shaped by what lies underneath



01 Have I...

tick each day what you've had; leave blank what's missing

THE BASICS	M	T	W	T	F	S	S	ONE SMALL CHANGE
1 eaten regularly?	☐	☐	☐	☐	☐	☐	☐	
2 had enough to drink?	☐	☐	☐	☐	☐	☐	☐	
3 slept reasonably well?	☐	☐	☐	☐	☐	☐	☐	
4 moved my body?	☐	☐	☐	☐	☐	☐	☐	
5 had some daylight?	☐	☐	☐	☐	☐	☐	☐	
6 taken a break?	☐	☐	☐	☐	☐	☐	☐	
7 spent time outside?	☐	☐	☐	☐	☐	☐	☐	
8 been in touch with someone?	☐	☐	☐	☐	☐	☐	☐	
9 had some quiet time?	☐	☐	☐	☐	☐	☐	☐	
10 got up and stretched?	☐	☐	☐	☐	☐	☐	☐	

There are no right answers. Missing a basic now and then is normal; the pattern over the week is what is most useful.

02 Noticing the pattern

at the end of the week

When my basics slip, I tend to notice...
in my mood, body, thoughts or relationships

One basic I'd like to focus on next week
and the smallest way I could start

Why it matters Research links poor sleep with greater difficulty managing emotions (Palmer & Alfano, 2017). Food, rest and movement may also affect how we feel and how well we cope.

Keep it in perspective This isn't a test. If eating, sleeping or looking after the basics has been difficult for a while, it's worth talking with your GP or a health professional.

SOURCE

Palmer, C. A., & Alfano, C. A. (2017). Sleep and emotion regulation: An organizing, integrative review. *Sleep Medicine Reviews, 31*, 6–16. https://doi.org/10.1016/j.smrv.2015.12.006

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