

Big 7 Checklist

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Instructions Part 1:

Read through the Big 7 areas of healthy emotion regulation. **Put a “✓” next to each strategy that you currently use to support your well-being.**

Notice: Are you using strategies in one area more than in other areas? Are there strategies that you might want to try using to support your health and wellness? **Put an “★” next to strategies you’d like to incorporate into your life.**

Area 1: Permission to Feel

- ☐ Give yourself permission to feel all emotions
- ☐ Be an emotion scientist, not an emotion judge (i.e., learner mode as opposed to knower mode)
- ☐ Cultivate the practice of self-awareness (notice when, what, and why you are experiencing feelings)
- ☐ Be open to new ideas, people, and possible biases
- ☐ Get more comfortable with being uncomfortable
- ☐ Reflect upon and support your identity
- ☐ Check in regularly on the mood meter
- ☐ Other _____

Area 2: Physiological Regulation

- ☐ Incorporate mindfulness or basic breathing exercises daily
- ☐ Practice meditation
- ☐ Find space for deliberate quiet time
- ☐ Turn to spirituality or prayer
- ☐ Spend time in nature, if possible
- ☐ Other _____

Area 3: Self Care (biological)

- ☐ Eat nutritious meals as often as possible
- ☐ Eat minimal amounts of salts/sugars
- ☐ Stay hydrated (8 glasses water/day)
- ☐ Exercise at least 20 minutes per day/stay active (e.g., dance, swim, run, walk, sports).
- ☐ Try to stop using technology an hour before bedtime
- ☐ Get sufficient sleep so you feel restored
- ☐ Be mindful of excessive alcohol intake
- ☐ Other _____

Area 4: Self-Care (psychological)

- ☐ Do things you enjoy (hobby, entertainment, leisure activities, listen to music, journal)
- ☐ Discover what you’re passionate about - engage in new pursuits
- ☐ Infuse meaning into everyday routines
- ☐ Create personal rituals that lift your spirits (e.g. gratitude journal)
- ☐ Find outlets to express passion/anger in ways that support your well-being (e.g., artwork, activism)
- ☐ Take action for a social cause that’s meaningful to you.
- ☐ Set boundaries be mindful not to over commit to work and people who drain you.
- ☐ Other _____

Area 5: Managing Thoughts

- ☐ Monitor “negative talk” and other unhelpful strategies (e.g., self-criticism, blaming others)
- ☐ Use “positive talk” with an eye toward being kind to yourself
- ☐ Use “positive re-appraisal” with an eye of looking at things from a new lens or perspective.
- ☐ Ask yourself, “will this matter tomorrow, next week, in a month?”
- ☐ Repeat a mantra/positive affirmation to give you a lift to your day
- ☐ Use visualization to think through possibilities (e.g., “imagine if....”)
- ☐ When in difficult interpersonal situations, use “psychological distancing” (e.g., paint a frame around the person and observe without absorbing the person’s negative energy)

Area 6: Healthy relationships/Social support

- ☐ Spend quality time with people who you care about/care about you; share your need (closeness/distance)
- ☐ Ask others how they feel – don’t assume – and listen to understand
- ☐ Be your Best Self (i.e., consider how do you want to be seen, experienced, and talked about)
- ☐ Engage in traditional and positive empathy (find ways to embellish other people’s positive experiences)
- ☐ Remember empathy has boundaries; don’t lose yourself in someone else’s shoes
- ☐ Express your own feelings authentically and skillfully. Don’t bottle up!
- ☐ Avoid “negative other talk” (e.g. gossiping)
- ☐ Extend good will to others (start with the mindset that others are doing their best); share your gratitude
- ☐ Be mindful of your impact and how it might differ from your intention
- ☐ Manage conflict (e.g., agree to disagree; be the first to apologize (wholeheartedly)/forgive
- ☐ Identify your triggers and look to avoid them or let people know them.
- ☐ Ask for help when necessary

Area 7: Life management (Be a preventionist)

- ☐ Stay informed about what’s happening in the world, but don’t get lost in it
- ☐ When working from home, try your best to have your sacred space
- ☐ Try to avoid (or limit) contact with people who cause you stress
- ☐ Seek out people who lift your spirits
- ☐ Take time to do nothing; take a break if it’s possible (mental or physical)
- ☐ Create routines to have better structure
- ☐ Set daily goals that take into consideration self-care, relationships, and work.
- ☐ Try to be organized. Keep your living space as clutter-free and clean as possible; make your bed!
- ☐ Work towards consistency in the times you go to bed and wake up.

Instructions Part 2:

1. Pick 1 or 2 areas (from 1-7) that you would like to work on.
2. List here:

3. Which 1 or 2 of the strategies within each area would you like to put into practice.

4. What barriers might there be in applying these strategies? What can you do to address these barriers?

5. Imagine your life once you’ve used these strategies. What’s different? How do you feel?
