



## CHECK-LIST

### 5 STEPS TO BETTER EMOTIONAL STABILITY

1

**Feelings are allowed – without judgment.**

Sometimes we believe we're not allowed to feel certain emotions – sadness, anger, overwhelm. But these are not “bad” feelings. They are simply signals from our inner world. Noticing them, without pushing them away or judging them, can already bring relief.

2

**Reactions always have a story.**

When you react strongly on an emotional level, there's often more behind it. Ask yourself: What really hit me just now? What does this situation remind me of? Or which need of mine is currently unmet? That's often where understanding begins – and with it, the first step toward change.

3

**Speak about what's moving you.**

Talking about what's going on inside – with someone you trust or in a therapeutic space – can bring so much clarity and ease. Words create order in what feels chaotic inside. Speak to people with whom you feel safe and understood. Reach out to those who strengthen you, who can listen, and who nourish your inner resources.

4

**You don't have to manage everything at once.**

Sometimes it helps to honestly ask: What is really stressing me right now? And then consider: What is truly urgent – and what can maybe wait? That's not weakness; it's a form of self-leadership. Reduce your stressors.

5

**Remember what you've already overcome.**

We often focus so much on what's difficult right now that we forget how much we've already carried and overcome. That inner strength is still there – even if you can't feel it at the moment. And the people around you who do you good are like an emotional counterbalance – they can stabilize you too.

**Create islands in your everyday life.**

Small rituals, short breaks, things that bring you joy – this isn't luxury self-care, it's emotional hygiene. Especially during stressful times, it's important to consciously make space for it. It's not about big changes, but about small anchors in your day-to-day life.

YOUR BONUS:  
+ 2 STEPS!



**Body and mind belong together.**

I know it sounds simple – but sleep, nutrition, and physical activity have a direct impact on your emotional stability. When your body feels safe and cared for, your nervous system can calm down more easily.

**I support you to find your right to yourself and to create life following your own wishes.**

**Write to me – I'll be happy to accompany you on this path.**