

Check-in Card

READY

- Good to go
- Adapting/flexible
- I'm pleased with how I'm doing

"I am adapting well to all pressures. I finish my days feeling satisfied."

REACTING

- Mild distress
- Temporary symptoms
- I'm occasionally displeased with how I'm doing

"Stress is affecting me but I can still do the things I need to do."

INJURED

- Noticeable symptoms
- Personality change
- Erratic functioning

"I have changed to the point that I am not in total control of my behavior or reactions."

ILL

- Severe impairment
- Extremely overwhelmed
- Possible danger to self/others

"This worsening condition requires full attention before getting back to my daily responsibilities."

RESPONSIVE ACTIONS

SELF INTERVENTIONS

SOCIAL SUPPORT

PROFESSIONAL CARE

REST RECOMMENDED

SELF INTERVENTIONS

- **Monitor** personal stress indicators (sleep, eating, mood)
- **Decompress** with healthy transitions (movement, relaxation, nourishment)
- **Recall** three positive experiences today and plan for good experiences tomorrow



Improve self-care
with our guided
meditations.

SOCIAL SUPPORT

- **Seek** meaningful time with family and friends
- **Offer** support to others when able
- **Ask** for the specific support you need
- **Speak** with a trusted professional to help you manage overwhelming circumstances

MITIGATING INTERPERSONAL STRESS

- **Clarity** on what you wish to achieve
- **Approach** with respect in a comfortable setting
- **Talk** with simple facts, not blame
- **Consider** the demands on the other person
- **Handle** any remaining follow ups