

REGULAR EMOTIONAL CHECK-INS

As healthcare workers, slowing ourselves down and checking in with our emotions can help us calm ourselves in the course of a stressful day. In these moments we can think about how we are feeling and what we might need to help us deal with difficulty. One approach is to check in three times a day, in the morning, at lunchtime, and in the evening.



Morning Check-in

What is your emotion?

What might you need in this moment? Can you do something helpful to meet the need? If you cannot do anything right away, what can you do to manage and tolerate the uncomfortable emotion? (e.g. cry, share joy with a loved one, make a concrete plan for a problem)



Lunchtime Check-in

What is your emotion?

What might you need in this moment? Can you do something helpful to meet the need? If you cannot do anything right away, what can you do to manage and tolerate the uncomfortable emotion? (e.g. cry, share joy with a loved one, make a concrete plan for a problem)



Evening Check-in

What is your emotion?

What might you need in this moment? Can you do something helpful to meet the need? If you cannot do anything right away, what can you do to manage and tolerate the uncomfortable emotion? (e.g. cry, share joy with a loved one, make a concrete plan for a problem)



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Addiction Technology Transfer Center Network
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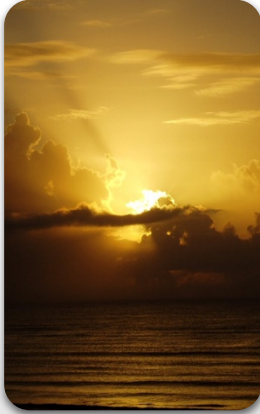
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Gereelde emosionele besoeke (check-ins)

Ons kan onself as gesondheidswerkers kalmeer deur die loop van 'n stresvolle dag deur onself te forseer om dinge stadiger te vat en op ons emosies te fokus. In hierdie oomblikke kan ons dink oor hoe ons voel en wat ons benodig om moeilike situasies te hanteer. Een benadering is om drie keer per dag onself emosioneel te "besoek", in die oggend, met middagete en in die aand.



Oggendbesoek

Wat is jou emosie?

Wat het jy op hierdie oomblik nodig? Kan jy iets nuttig doen om aan die behoefte te voldoen? As jy nie onmiddelik iets kan doen nie, wat kan jy doen om die ongemaklike emosies te bestuur en te verdra? (byvoorbeeld, huil, deel vreugde met 'n geliefde, maak 'n konkrete plan om 'n probleem op te los)



Middagete besoek

Wat is jou emosie?

Wat het jy op hierdie oomblik nodig? Kan jy iets nuttig doen om aan die behoefte te voldoen? As jy nie onmiddelik iets kan doen nie, wat kan jy doen om die ongemaklike emosies te bestuur en te verdra? (byvoorbeeld, huil, deel vreugde met 'n geliefde, maak 'n konkrete plan om 'n probleem op te los)



Aandbesoek

Wat is jou emosie?

Wat het jy op hierdie oomblik nodig? Kan jy iets nuttig doen om aan die behoefte te voldoen? As jy nie onmiddelik iets kan doen nie, wat kan jy doen om die ongemaklike emosies te bestuur en te verdra? (byvoorbeeld, huil, deel vreugde met 'n geliefde, maak 'n konkrete plan om 'n probleem op te los)



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