



Hand out – Quick Conscious Check-in tool

Introduction

A key stress management and resilience skill is to take mini-breaks to **stop and notice if you are in or out of your window of tolerance**. Learning to become aware of the life inside your body is an essential skill because **the body always keeps the score**. It will let you know when it is on overload, anxious or scared, when there is too much tension locked up in it for example. As the saying goes, *“If you do not know what you are doing, you don’t know what to change.”* **If you notice when your body, mind or emotions are triggered, you can do something about it.**

The practice

Pause for **30 seconds** and ask yourself the following questions, **without judging**, without needing to change anything – just notice. **And try to stay with what you notice and feel**, not just naming it and moving on, **even if it is uncomfortable**. When we stop resisting how we really feel, we begin to let go and relax a bit.

How am I doing?

- Notice your physical state of being, just notice as it is; no need to change anything.

Notice:

- Your breath – shallow or deep?
 - Your heartbeat – racing or regular?
 - Areas that are tight in your body?
 - Your internal battery or energy level – a plus or minus, low, half full, full or in between?
- Notice your mood or emotional state of being right now. Are you feeling peaceful, irritated, angry, happy, excited, etc.... And if you don’t notice anything, that’s fine too.
 - Take a **few deeper and more conscious breaths**, no need to force your breathing in any way, and sense your breath. Sit for a moment longer to **sense your whole body** to complete the practice.

How to practice – The seven-day challenge

You are training a new muscle. It takes regular and repeated practice to build a new capacity.

Set a timer **5 times a day during the next 7 days**, spread over the day. If the timer goes off and for, whatever reason, you cannot practice at that moment, finish what you're doing and commit to taking a “check-in” break at that time.