

# 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)



South Africa - HIV

**ATTC**

Addiction Technology Transfer Center Network  
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For assistance or more information contact  
SADAG (<http://www.sadag.org/>) or  
The South Africa HIV ATTC  
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