

Your Weekly Check-In

Supporting communication all day takes a lot out of you. This weekly check-in helps you pause, notice how you're doing, and take a moment for yourself.

Your Break Menu

When you need a reset, pick one. Even a minute can help you feel a little more grounded before your next session.

Box Breathing

Breathe in for 4, hold for 4, out for 4, and hold for 4.

5-4-3-2-1

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste.

Three Slow Breaths

Pause and take three slow, full breaths, noticing each one.

Step Outside

Step away for a minute, even just to a window or the hallway.

Stand & Stretch

Stand up, roll your shoulders, and loosen your neck and back.

Quick Body Scan

Notice where you're holding tension, from head to toe, and let it go.

Each Day

Circle how you're feeling in the morning and again at day's end. If you start the day low, make a point to use the break menu. Then check the box if you gave yourself a break, and note one good thing that happened.

HOW I'M FEELING (1 = LOW, 5 = HIGH)

DAY

MORNING

END OF DAY

BREAK

ONE GOOD THING TODAY

Mon

1 2 3 4 5

1 2 3 4 5

☐

Tue

1 2 3 4 5

1 2 3 4 5

☐

Wed

1 2 3 4 5

1 2 3 4 5

☐

Thu

1 2 3 4 5

1 2 3 4 5

☐

Fri

1 2 3 4 5

1 2 3 4 5

☐

Weekly Highlight

Before you close out the week, take a moment to look back on how it went.

Rough week

1

2

3

4

5

Good week

A win I'm proud of this week:

One thing I'll do differently next week:

You help so many people find their voice. This week, take good care of yours too.