

14-Day Mental Health Series

YOU ARE NOT ALONE

Finding meaning and purpose in loss and recovery

KEY TAKEAWAYS

Summary of day 7 session:
Checking In



Opening practice

- Light a candle of hope for yourself and for all those around you
- Take a few deep breaths and let go of what doesn't serve you
- Check in authentically with yourself, without feeling embarrassed or judged
- Can you be honest with others about how you are really feeling, even when you're feeling low?

Starting the conversation: Checking in

- Do you know that 40 % of people feel emotionally and physically isolated by working online from home?
- In fact, we are not only working at home, we are working at home in a crisis!
- People are feeling isolated and are craving human connection
- It has been shown that 39% of people feel so much better when their colleagues reach out to them personally
- Do you think a simple conversation can change a person's life?
- Let's drop the corporate label and be more human. More than ever, now is the time to change what 'normal' looks like
- "Be the change you wish to see in the world"- Mahatma Gandhi
- Let's not settle for the standard, "I'm fine" response. Start the revolution by admitting you're not okay!
- When you are vulnerable in the work place and let your guard down, it allows your colleagues to be vulnerable too.
- Be honest and say "I don't know" if that is the case- collaboration and solidarity start here!
- We don't need to hide our humanness- our vulnerability is our strength
- Let's create a platform for people to be heard; a virtual coffee, a conversation or a caring message.
- Burnt out is real- admitting to it is hard to do. Let us break the stigma and realize that **we are not alone!**
- Be that person for someone- check in and hold space for someone else today.

Check in toolbox

- Ask "Are you okay?"
- Emoji charts
- Colored hearts with correlating phrases
- Weather forecast comparisons
- Feelings charts
- Emotion wheels
- Humorous check-in tools are also very effective, such as the dog/cat emotion scale

Closing practice

- Bring your awareness to your breath and close the eyes
- Notice any emotions that may be surfacing for you now
- Let's personify these emotions by saying "Hello my little sadness, hello my little anger...I see you. I'm okay to acknowledge you and talk about you, my little sadness"
- You do not need to feel better now, just sit with these emotions
- Feelings are like clouds in the sky- they come and go but there is still always the sun of awareness shining in the blue sky
- Let us breath through these emotions; these orphans. Open them up, it's okay to talk about them, it's okay for them to be heard. It is part of being human.
- Breathing in some hope and some clarity now with your inhalation.
- Take a deep exhale as you open your eyes.

Homework

- Try be the one who checks in with a colleague or a family member today
- Ask, listen, encourage and then keep checking in with them
- Sit outside and look at the clouds in the sky, try to observe the emotions in the mind in a similar way
- Journal about the emotions that are coming up for you. How can you acknowledge them, sit with them and nurture them?

