

Checking-in, Checking out

When engaging in trauma-awareness we need to look after ourselves. To do this we need to know how we are feeling and how to regulate (calm) ourselves. When engaging in a trauma-informed approach this is even more important. If we are triggered or dysregulated (not calm), people around us are more likely to also feel triggered or dysregulated (not calm).

Check-in

Checking-in can help us shake off automatic responses and see how we are feeling. If we check-in before we start something it can help us know if we feel regulated (calm) and ready, if we need to regulate (calm ourselves) first, or if we don't feel up to the task.

Check-in:

- Stop, breath, be present and curious
- Ask:
 - What am I feeling?
 - Where do I feel it in my body?

Check-out – Self-Reflection

When reflecting on a situation or information, we use our thinking brain and midbrain, and the information gets stored in our long-term memories.

Think about:

- How you handled a situation
- What you thought and felt
- How your understanding of the world contributed to these

Ask:

- What challenged me?
- What would I like to learn more about?
- How could I use this knowledge in my life and work?
- In what ways would this knowledge change my life and work?
- What would that look like?