

Check-in

A tool that we can use quickly and discreetly, to bring ourselves into the present moment, to be able to make a choice about how to proceed, rather than acting and reacting 'automatically'.

Think 'BTEC'

- Stop and Pause, set it up – this is a gentle sequence, not taking huge energy. It's an act of kindness to yourself. It just needs some interest and patience.
- **B** - *Body sensations*: notice and sensations in your body, your quality of movement, your breathing.
- **T** – *Thoughts*: notice your thoughts coming and going (e.g. past, future, analysing)
- **E** – *Emotions*: notice your feelings and emotions (e.g. frustration)
- **C** – Choices - notice your urges (e.g. to give up, to push through; to stop and start distracting again). Then if you want to make a choice about how you want to proceed – more present, more kind / gentle, more in touch with your emotions – make it now! You can also choose not to make a choice.

Try it out!

Top tips

- Check-in is a skill; the more you do it, the better you'll get.
- To begin with it can be helpful to set reminders to stop and check-in as we often get swept up in the activity of our own minds. Gentle reminders to yourself such as 'slow down' or 'pause' can help.
- Keep it gentle and patient – it isn't an act of analysis, or like a Sergeant's inspection...
- It can be used at anytime. Before, during or after an event or activity.
- Our minds often prefer distraction to the truth of the present moment. That's OK. Be gentle with yourself about this!