How was your day? → What was good about today?

What was difficult about today? → Who was there for you?

Give positive feedback. → Any lessons learned that you want to share?

Any support that you need from your team today or in the future? → How are you going to take care of yourself after work today?

Can you leave this behind as soon as your shift ends? → TOMORROW IS A FRESH START!

Created by Leah Esguerra, LMFT.

Presented February 8, 2022 for Infopeople Webinar “We Are NOT Okay: Library Worker Trauma Before and During COVID-19 and What Happens After.”
Benefits of Checking-In

• Checking in gives us permission to ask for support.
• It gives talking to our co-workers about work issues a name. It makes it work-related or “official.”
• Builds trust between co-workers.
• Prevents isolation.
• Great for mental health, anger management and self-care.
• Allows us to pause then move on.
• Helps us improve our response to similar situations in the future.
• Reminds us to also focus on good things about our job and co-workers as well.

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