Team Check-in and Debriefing Guide

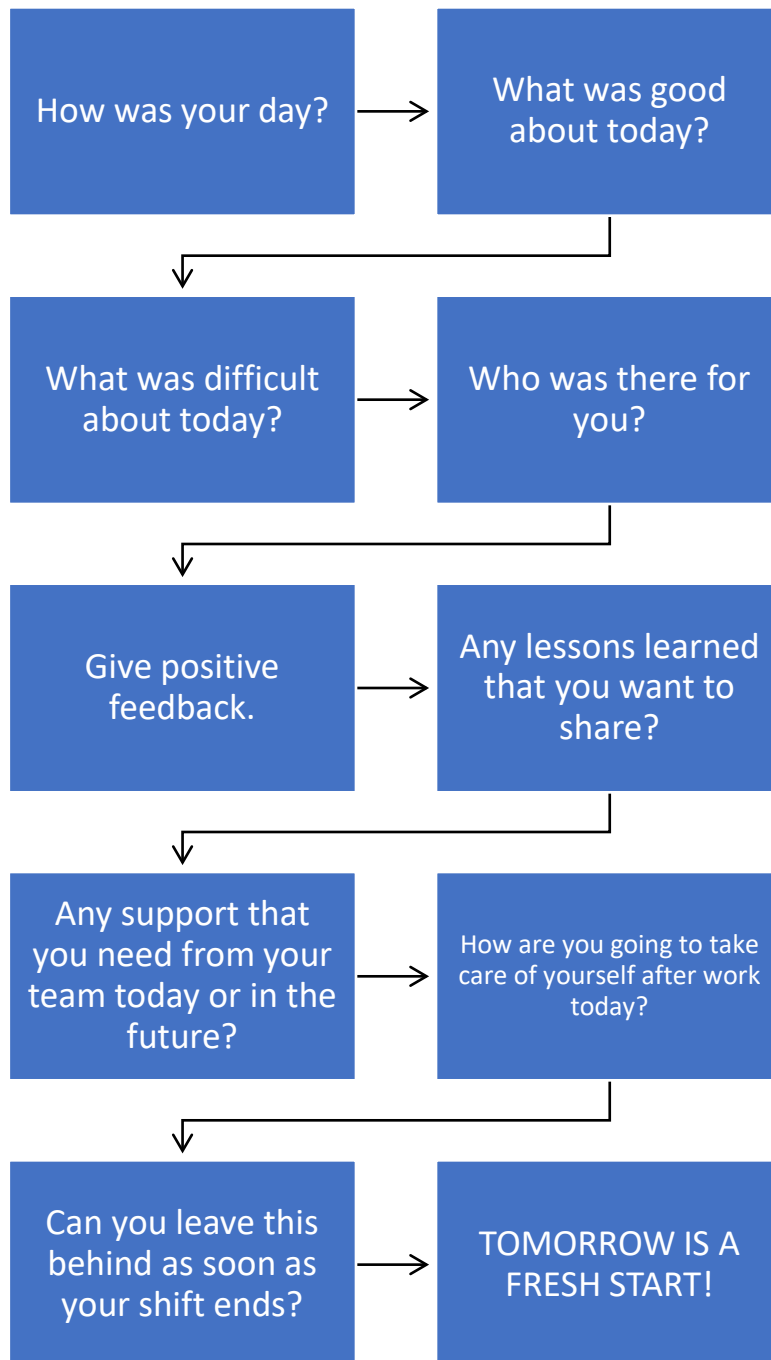|	
How was your day? →	What was good about today?
What was difficult about today? →	Who was there for you?
Give positive feedback. →	Any lessons learned that you want to share?
Any support that you need from your team today or in the future? →	How are you going to take care of yourself after work today?
Can you leave this behind as soon as your shift ends? →	TOMORROW IS A FRESH START!

Created by Leah Esguerra, LMFT .

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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.