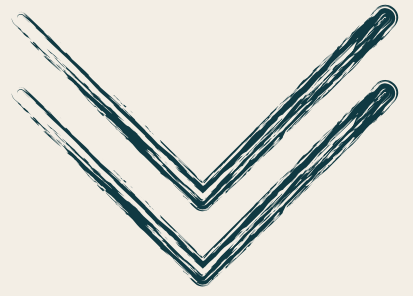

This check-in will help you keep your energy flowing:

- > to fill your cup,
- > to nourish your system,
- > and to decrease the strain on your system.



There are four areas to pay attention to:

1. TENDING

What brings you comfort and helps you feel cared for and nurtured?

These can be very simple easy to access things. Keep a list of the 4 or 5 of your "go-to" things. Do these things often to increase nourishment and energy. Reach for them when you are depleted and stressed.

(This is an idea I got from Brene Brown in her teaching around the difference between numbing and comfort.)

[Use this list for new ideas and reminders.](#)

2. TUNING IN

What is your body feeling?

I use RAIN practice throughout the day to tune in (from Tara Brach).

While taking intentional breaths, I check in and feel the sensations in my body and ask where they are coming from.

Tuning in requires a pause and a break. You cannot tune in when you are constantly moving, working, listening, and watching. Believe me, I know!

3. CHECKING IN

How are you doing? Do you have energy in the tank, or are you running on reserves?

This is a moment to get honest with yourself.

If you cannot stomach the thought of asking this question of yourself, I can almost guarantee you are running on empty.

4. CHANGING

What will you stop doing? What will you do?

Make one small change that removes something from your plate and adds a tending practice that will bring you comfort.
