



So you're ready to take that deep breath and release the tension?

Awesome! Check-ins are a great way to connect with mates and strengthen our emotional muscles. They help us take some weight off, and support each other in the process.



THE PROCESS

Each person will take it in turns to check-in without interruption from the other person or the group. Here goes:

1. Location: find a quiet space where you won't be interrupted and can listen to each other without distraction.
2. Checking-in: start by saying "Name, checking in..." and then speaking about how you're feeling, how your day is going, or what's on your mind.
3. Checked-in: when you are finished speaking, close by saying "Checked-in", so that others know you're done.
4. Send it: pass it to the next person or allow others to nominate themselves until everyone has checked-in.
5. Questions, debrief or support: you can finish the process by asking questions debriefing how people feel after the check-in process. Your mate may have just shared something pretty tough, so this is also the chance to offer support (but not advice). Ask permission before asking any direct follow-up questions.





CHECK-IN



THE PRINCIPLES

1. **Challenge by Choice:** Everyone checks-in because they choose to, not because they are forced to.
2. **I v You Language:** When speaking about your experiences and emotions, say I. Eg. "I feel this way because..."
3. **Confidentiality:** what is said in your check-in stays between you and the other/s, unless your or others' safety is at stake, in which case explain that you'll need to seek out someone else for support or help.
4. **No advice giving or rescuing:** unless it's asked for, check-ins are just a space to be heard; don't give your opinion on other people's experiences.
5. **Permission vs. Trespass:** The person who has shared has the power over their check-in - so don't trespass. If you want to ask a follow up question, ask permission first.

HOT TIPS

1. Silence is okay. Allow people the space to think through their thoughts and feelings.
2. If someone says something that moves you, feel free to show it with body language e.g. a nod or a smile.
3. Speak about the good, the bad and the ugly. This is about being authentic, not performing.

Just like working out our physical muscles, we can't expect to be fit and shredded after one workout - the same goes for managing our emotions. It can feel weird at first, but through regular practice we get stronger in ourselves and our relationships with others.

When those are the benefits, why wouldn't you hit the gym?

