

# STRONG Life Hack : Daily Check-in Routine

# Self - Awareness

## What It Is:

A simple, structured daily practice designed to increase self-awareness and proactively manage stress. This tool helps you track your emotional and physical well-being in real-time, allowing you to catch problems before they become overwhelming.

1

**Set a Time:** Choose a specific 5-minute window that works best for you, either in the morning to start the day off grounded, or in the evening to wind down. Work to be consistent.

- Morning Check-In: Ask, "How am I feeling as I start this day?"
- Evening Check-In: Ask, "How did I handle the stress today?"

2

**Checking-In with Yourself:**

1. Take a deep breath in through your nose, before letting it out take another small breath in through your nose and let it all out through your mouth.
2. Mentally scan your body and emotions.
  - a. How are you feeling physically? What about mentally or emotionally?
  - b. Are you tense, relaxed, anxious, or content? Does anything hurt or feel off physically?

3

**Identify Stressors:**

Think about any specific concerns or stresses from the day or that you're anticipating. Pinpoint what's triggering your feelings.

- Is there a deadline at work, a relationship issue, or an upcoming task?

4

**Managing your Stressors:**

Even if everything is high priority you have to pick one to start with.

1. Do one thing to remove that stressor from your list:
  - reach out to the creditor
  - inform people of your deadline and what you need from them (no interruptions, help brainstorming)

5

**Controlling your Mind Gremlins:**

Our brains are good at chirping at us, when you notice your thoughts are negative.

1. Wiggle your toes in your boots, bring your thoughts into the present where your feet are.
2. Repeat the breathing in step 2.
3. Remind yourself the steps you have taken.
4. Visualize giving yourself a high 5.

## Why it works:

Daily self-check-ins foster continuous self-awareness. They allow you to manage your emotions and stress levels early before they escalate into bigger issues. Consistent check-ins help build emotional resilience, ensuring you're more attuned to both the highs and lows in your daily experience, ultimately boosting your overall mental fitness and well-being.

- Promotes mindfulness: By regularly focusing on how you feel, you remain more present and aware of your mental and emotional states.
- Prevents overwhelm: Identifying stressors early helps prevent burnout and keeps emotions from snowballing.

Supports emotional regulation: Self-awareness is the first step in controlling your reactions, so you can respond rather than react to situations.

## How to do on the job site.

At the start of the day:

- Ask for participation by asking the crew to put their phones down.
- Start with 2 minutes, if 5 feels too long.
- Let them know sharing is NOT expected. This is an opportunity to pay attention to themselves.

At the end of the day:

- Ask what stresses arose during the day.
- How was the stress handled
- What is one thing the individual will do for themselves.