THRIVE CENTER *for Children, Families, and Communities*

CENTER OF EXCELLENCE FOR Infant & Early Childhood Mental Health Consultation
Growth. Advancement. Impact.

Build your own consultation workforce.

How Am I, Really?

A check-in for those of us who spend our days checking in on everyone else



Right Now

- What is this work asking of me lately?
- What am I still carrying from this week?
- Where do I notice it, in my body, my patience, my sleep?



What I Have

- Where do I get to think out loud about the work?
- Who do I talk to when it gets heavy?
- Where does my workplace make this easier, and where does it make it harder?

What I Need

- What do I wish I had more of right now?
- What is one thing I could ask for this month?

Needing support is part of doing this work, not a sign that something is wrong with how I'm doing it