

How Am I? A Self Check-In



We are our first resource.

Noticing what needs are present within us helps us identify how we can support ourselves as we identify what support we need from others.

Mental

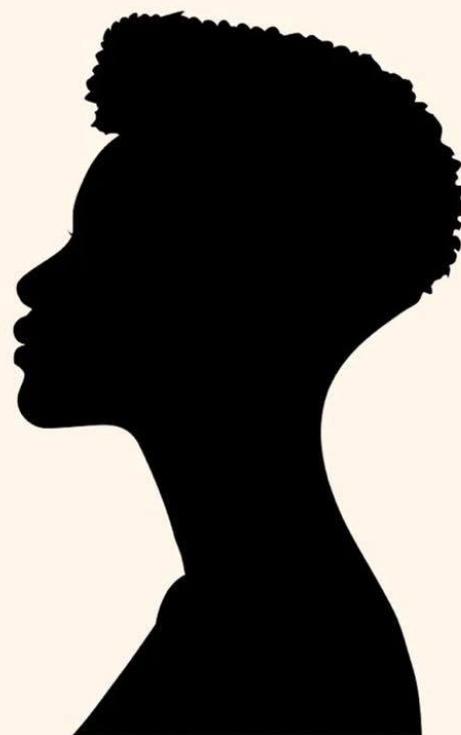
What are my thoughts right now? How are they impacting me? What fear of how folks will perceive me is getting in the way of asking for the help I need?

Physical

Am I hungry? Am I tired? Am I in pain? What am I feeling in my body and where? What is/are the message(s) my body is sending me about my needs?

Emotional

What am I feeling? What helps me to feel resourced and grounded before taking on something that requires more of me?



Visit www.beam.community or our IG Page (@_beamorg) for tools to cope and more