



Inner Circle Psychological First Aid—*Daily Check In*



It is not uncommon to feel a sense of powerlessness during challenging times. Powerlessness exacerbates distress, which means that empowerment is the antidote. One of the things we can almost always do is check in on other people we care about. It's good for them, and it's good for us.

1. **Step 1:** Who in your life could use a call? Do you know someone who lives alone or is living with a serious illness? Do you have anyone that you care about who has struggled with mental health challenges? Do you have anyone who you just enjoy talking to or listening to?
2. **Step 2:** Reach out. Send a text message or make a call. Let them know that you are thinking of them.
3. **Step 3:** Model sharing by disclosing some of your joys and challenges of the day.
4. **Step 4:** Listen and connect.
5. **Step 5:** Express gratitude for having them in your life and one thing you are looking forward to that involves them.



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