



Couch-Time Check-In

Pause. Reflect. Reset.

Take a moment, right where you are. Couch-Time Check-In is a brief, intentional pause to help you reconnect with yourself, reduce stress, and refocus your energy.

DURING YOUR CHECK-IN, ASK YOURSELF:

- How am I really feeling right now, mentally and physically?
- What's been weighing on me today?
- What do I need more of this week, rest, support, clarity, or connection?
- What's one small thing I can do to take care of myself today?

ONE IMPORTANT REMINDER

Mental health and physical health exist on the same spectrum. Just like your body needs rest, fuel, and care, your mind does too. Checking in emotionally is not a luxury, it's part of overall wellness.

WHY IT MATTERS

- Supports emotional awareness
- Reduces stress and physical tension
- Encourages healthy coping
- Helps you reset and restore balance
- Support is available

If you'd like additional support, confidential counseling and wellness resources are available through your Employee Assistance Program.

TAKE A BREATH. TAKE A MOMENT. TAKE CARE OF YOU.