"Let's Check In Quickly" Communication Strategies From The Health Services Department

We are going through a lifestyle change together, so let's talk about it!

Key factors to remember:
1) This is to help everyone coexist more smoothly by highlighting and addressing components that are getting in the way.
2) This is to build a foundation of understanding together what new expectations are.
3) This is to learn about each other's triggers, not to cast blame on each other.
4) This is to embrace how each other feels comforted and supported.
5) Keep it short and sweet, this is just a touchpoint to an ongoing conversation as the weeks Progress!

Key words to understand:
Triggers: Anything that ignites feelings of frustration, agitation, sadness, discomfort, stress, anxiety, etc. These can be words or actions, directed at you, or not. In simple terms, situations that generate negative energy for you. Examples: Hearing the morning alarm go off 4 times after multiple snoozes, books and papers being left on the kitchen table, hearing about the latest news update for the third time that day, finding the coffee pot empty before you even enter the kitchen.

Comfort Connections: Anything that ignites feelings of security, love, joy, appreciation, humor, validation, etc. Similarly, these can be words or actions, directed at you, or not. In simple terms, situations that generate positive energy for you. *Examples*: I need an hour to myself to listen to podcasts I like, my co-worker and I used to take a five minute walk a couple of times a week can we do that, I am about to finish off the coffee should I start more, I can only hear the news once a day or it becomes too much for me.

Please email Kenna Weber, Director of Health Services at kweber@chch.org, Ashley Jones, School Nurse at ajones@chch.org, or Cory McDinger, School Counselor at cmcdinger@chch.org with any questions.

Self-reflection:

Triggers:

1) _____

2) _____

Comfort Connections:

1) _____

2) _____

Successful Connections:

1) _____

2) _____

Take away action steps:

This week I will try to avoid:

1) _____

2) _____

This week I will try to implement:

1) _____

2) _____

Next check-in on: _____