## 4 STEP CHECK-IN

If you know your vulnerability, you know where to intervene. Why are you overwhelmed?

| Hungry?                                    | Tired?                                |
|--|---------------------------------------|
| When was the last time you ate?            | How much did you sleep<br>last night? |
| Chemical Imbalance?                        | <br>Overfunctioning?                  |
| e.g. hormones, substance use, medications? | Are you doing too many things?        |

