


Greenleaf Check-In Card

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Good to go • Adapting/ flexible • Excelling at job <p><i>I am at the top of my game and adapting well to all pressures.</i></p>	<ul style="list-style-type: none"> • Mild distress • Temporary symptoms • Still getting the job done <p><i>Stress is affecting me but I can still get the job done.</i></p>	<ul style="list-style-type: none"> • Noticeable symptoms • Personality change • Erratic functioning <p><i>I have changed to the point that I am not in total control of my behavior or reactions.</i></p>	<ul style="list-style-type: none"> • Severe impairment • Extremely overwhelmed • Possible danger to self/others <p><i>This worsening condition requires full attention before getting back to work.</i></p>
<p>Self Interventions →</p> <p>Social Support →</p> <p>Professional Care →</p> <p>Rest Strongly Recommended →</p>			

 **GREENLEAF INTEGRATIVE**
Adapted with permission from U.S. Navy's COSC Doctrine

Self-Care Techniques


- **Monitor** personal stress indicators (sleep, eating, agitation, etc.)
- **Decompress** with healthy transitions (teatime, yoga, journal, breathwork, music)
- **Record** three good experiences today, savor those positive moments and plan for good experiences tomorrow
- **Speak** with trusted people, maintain social connections

Resiliency Competencies

- **AWARENESS** - noticing the right information (sensations, thoughts, environment)
- **REGULATION** - of self and others' stress reactions and emotions
- **LEADERSHIP** - toward meaningful personal and team actions

Mitigating Interpersonal Stress

- C**larity - on what you wish to achieve
- A**pproach - in ways to reduce triggering
- T**alk - with simple facts, not blame
- C**onsider - the demands on the other person
- H**andle - any remaining follow ups

 **GREENLEAF INTEGRATIVE**
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