

# Check-in!



LFS  
**COLORADO SPIRIT**  
Wellness Program  
Of Lutheran Family Services Rocky Mountains

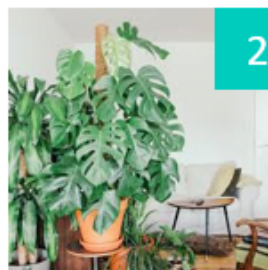
Doing a quick check-in with ourselves or others can help us recognize and acknowledge our feelings so that we can start to identify what we need to care for ourselves and others.

## How Are You Feeling Today?



1

I am thriving and ready to help others thrive too!



2

I am feeling good and getting what I need



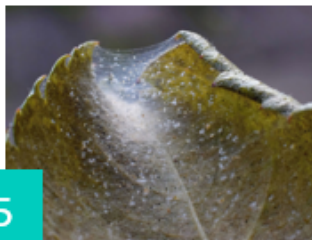
3

I look fine on the outside, but I have no idea how I'm doing



4

I could use some extra care and support



5

I'm struggling with lots of problems and feeling overwhelmed



6

I'm burnt out!