

Well-Being + Resilience Check-In

A simple tool to reset and refocus



Before you get started

This quick check-in tool is grounded in the Pair of ACEs and Resilience Tree framework, which explores how both personal experiences and community conditions shape well-being — read the full tutorial at chcmissouri.org

How to use (2–5 minutes)

- Take a breath. Circle what feels true **today**.
- Pick **one small next step** from the “Grow Resilience” section.
- If you’re doing this with a group, you can also ask: **“What’s in your soil?”**

Note: Stress and trauma can show up in health and social outcomes—and it helps to name what you’re noticing without judgment.

1) My “Leaves” — How I’m doing today

In the last 7 days, I’ve felt:

- Mostly steady / okay
- More stressed than usual
- Low energy or burned out
- Anxious, on edge, or hypervigilant
- Sad, numb, or disconnected
- Struggling to sleep
- Struggling to focus / concentrate
- More irritable than usual
- Physically run down (headaches, stomach issues, tension, etc.)

One word for today:

One thing that’s been hardest lately:

2) My “Branches” — What's happening in my life

Check any stressors that are present right now:

- Conflict at home / relationship stress
- Caregiving demands
- Work/school pressure
- Financial strain
- Housing instability or unsafe housing
- Health concerns (me or someone I love)
- Grief or loss
- Isolation / feeling alone
- Feeling unsafe
- Big changes (move, job change, separation, etc.)

What's one stressor I can't control right now?

What's one stressor I might be able to influence (even a little)?

3) My “Soil” — What's in my environment that affects me?

Sometimes what we're dealing with isn't just individual—it's also the conditions around us (our “soil”).

Check what applies right now:

- Financial pressure / poverty-related stress
- Discrimination or unfair treatment
- Community disruption / instability
- Violence or feeling unsafe
- Poor housing quality or affordability challenges
- Lack of opportunity / mobility / support networks

“What's in my soil?” (What around me is making it harder to feel well?)

4) My “Nutrients” — What supports help me feel steady?

Resilience grows when we have supports and systems that help us feel safe, connected, and supported.

Check the supports you have access to (or want more of):

- Safe and stable spaces / routines
- Social connectedness (people I can call, community groups, neighbors)
- Community advocacy / agency (a voice in decisions that affect me)
- Integrated supports/services (help that's coordinated and easy to access)
- Health-promoting infrastructure (parks, transportation, walkability, etc.)
- Fairness, safety, equity, and justice (what helps hope grow)

Two supports I already have:

One support I want to strengthen:

5) Grow Resilience — Pick one small step for this week

Choose **one** (small is good):

- Connection
 - Text/call one person and tell them what you need
 - Join one community space (support group, faith community, neighbor meetup)
- Body + mind basics
 - Take a 10-minute walk or stretch break 3x this week
 - Pick one sleep-support habit (same bedtime, no screens 30 min, etc.)
- Boundaries + relief
 - Name one "no" you need to say
 - Identify one task to pause, share, or simplify
- Supports + services
 - Write down one resource you want to explore (EAP, counselor, clinic, community org)
 - Ask for help navigating services (don't do it alone)

My one step: _____



When will I do it? _____

Have questions? Schedule a free Conversation with CHCM at info@chcmmissouri.org