

Welcome to a moment of pause

This quiet space has been created to give you time to breathe. A chance to step away from the noise, the deadlines, the meetings and talk time to reconnect or check in with yourself.

The **How are you REALLY? Check-in cards** are here to support that. They're a gentle tool to help you tune into what's going on beneath the surface - physically, intellectually, emotionally and spiritually (in the broadest sense of the word).

Whether you're here for a five-minute breather or taking time to reset between meetings, you're invited to use the cards in a way that works for you.

There's no right or wrong. Just curiosity and kindness. Here are a few ideas to get you started:

The one-card Check-In

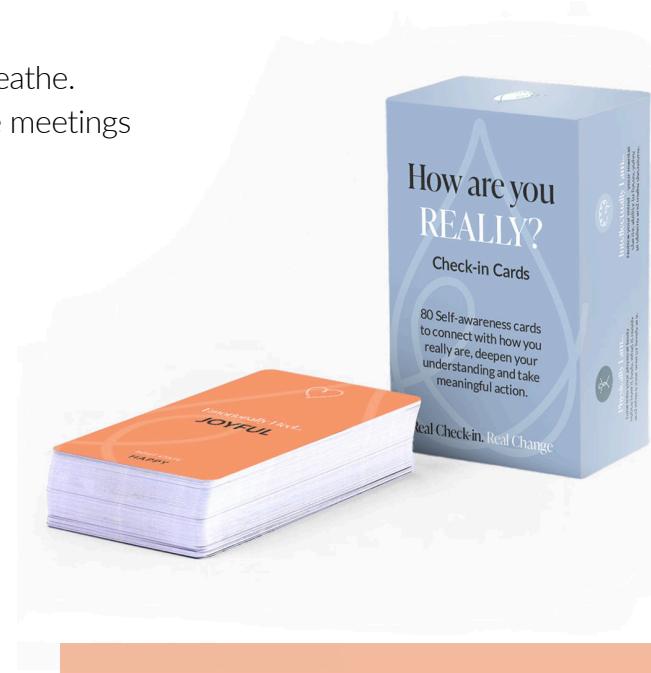
- Which aspect of yourself needs most support right now? Look through the deck and pick one card from that section that resonates. Take a moment to read the reflections and actions on the back and feel the support.

The full Check-In

- Choose one card from each of the four categories –Physical, Intellectual, Emotional and Spiritual. Notice what each one reveals and how they impact each other. Together, they can offer a fuller picture of how REALLY are.

Journalling Prompt

- Grab a notebook or your phone and write a few lines in response to a card or take a photo. It might help you get clarity or shift your state.



By pausing to notice how you are in each area, you can:

- See where you are thriving and where something might be missing
- Understand the full picture of your current state
- Make conscious choices to support yourself.

This enables you to have a more balanced awareness of yourself, bringing the insight and clarity that may help.

If you would be interested in learning more about the cards or find out how to get your own pack speak to the UKI HR Team.