



October 2023 News and Notes

The Importance of “Checking In”

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In the midst of our busy lives, it is easy to forget to “check in” with ourselves, to take stock of our physical and emotional wellbeing, and the essential elements that characterize a healthy, satisfying life.

Over the years, our needs change, whether the result of natural transitions or sudden situations beyond our control. Ironically, many of us, especially caretakers, parents, and professionals, are so focused on meeting our responsibilities in caring for others that we neglect our own needs.

Here are some important questions to consider that may lead you to make some healthful and meaningful changes in your life.

Do you feel good about yourself and where you are in your life? Do you take pleasure in what you do well?

Do you have special activities you enjoy? Do you make time for them? Have you lost interest in activities you used to enjoy?

Are you handling the stress in your life? Are you sleeping and eating adequately, healthfully?



Are you concerned about your drug or alcohol use, or that of someone close to you?

Are you feeling sad, irritable/angry, depressed, or anxious?

Does your life feel unmanageable at times? Do you feel you have more responsibility than you can handle?

Do you have important relationships that give you the support you want? Do you have friends and/or family with whom you can talk about your feelings and what's important to you?

Do you experience feelings of isolation, loneliness or hopelessness?

Do you experience unexplained aches and other physical ailments or discomfort, such as headache, stomachache or backache?

If your answers to these questions are not what you'd like them to be, you might find it helpful to talk with a trusted adult, whether a family member, close friend, religious adviser or a therapist. Regular physical check-ups are important as well, as many symptoms may be the result of medical conditions.