

S.3 Check-in on yourself

Check-in on yourself is the idea of just stopping for a few moments at points in the night to find out how you are feeling. So, the idea is for you to think of some questions to ask yourself, the questions should help make sure you are ok at the point of check-in and that are going to be okay for the rest of the night.

Before the night begins: What would I ask myself?

In the middle of the night out/party: What would I ask myself?

As the night winds down: What would I ask myself?