**Skill Module:** Self-regulation

# **Activity Name: The Long-Term Interest Check-In**

**Objective:** To develop the ability to pause during emotional stress and apply techniques to return to a state consistent with long-term goals.

**Materials Needed:**

* Guided meditation transcript or audio (optional)
* Stress balls or tactile objects
* Journals/Pens

### **Instructions**

**Step 1: The Conflict (Discussion)** Facilitator introduces the concept of **Short-term vs. Long-term Conflict**.

* *Example:* Short-term desire to avoid a difficult phone call vs. Long-term desire for financial stability.
* Participants share one example of this conflict they have experienced recently.

**Step 2: The Pause (Technique)** Participants practice a "Pause" technique to manage immediate negative emotions.

* *Action:* Close eyes and take 5 deep, slow breaths. Focus entirely on the physical sensation of the stress ball or the breath. This breaks the loop of spiraling thoughts.

**Step 3: Journaling** Participants answer the following prompt in their journals:

1. **Trigger:** Describe a recent stressful job search situation.
2. **Feeling:** How did it make you feel in the moment?
3. **The Check-In:** "What action would align with my deepest values right now?"

**Step 4: Action Plan** Identify one immediate step to take that honors that long-term value (e.g., "I will send the email despite the fear").

### **Debrief & Reflection**

*(Participants can answer these questions individually or discuss as a group)*

1. **How did the calming exercise change your immediate emotional state?**
2. **What strategy will you use next time you feel discouraged to act in your long-term best interest?**