



# Rhode Island Behavioral Health Training

## *Excerpt from July 2026 Newsletter*

### **Checking In: A Midyear Pause for Wellbeing**

July marks the halfway point of the year. Many of us began January with goals, intentions, and hopes for the months ahead. By midsummer, however, life may have taken unexpected turns, and we may find ourselves looking back on who we were at the beginning of the year with nostalgia or even a sense of loss. Responsibilities may have shifted, priorities may have evolved, and sometimes the road we've traveled to this midyear moment is not at all what we expected. It can be hard to remember that making it through the first half of the year is, in itself, an accomplishment worth recognizing.

Rather than asking ourselves, "Am I where I thought I'd be?" midyear offers us a chance to reflect, celebrate, and adjust our plans for the days and months to come. We can extend grace to ourselves as we consider what we've experienced so far and leave room for the growth that's still possible. By reframing our questions more positively, we can better understand where we are now and where we want to go next.

### **Conducting a Midyear Check-In**

#### **1. Start with curiosity instead of criticism. Ask yourself:**

- What has gone well this year?
- How have I grown? What have I learned?
- What challenges have I navigated?
- What strengths have I discovered?
- What am I proud of, even if no one else knows about it?

We often forget that growth isn't always visible from the outside. Spending time reflecting on our experiences can help us to see how we've adapted, what we've learned, and what we might want to carry forward.

**2. Check in across the dimensions of wellbeing.** Instead of only focusing on productivity, we can consider our whole wellbeing:

- Emotional: What emotions have been showing up most often? Have I given myself space to process them?
- Physical: How is my energy? Am I getting enough rest, movement, and nourishment?
- Financial: How secure do I feel financially? Are my spending and saving habits aligned with my priorities?
- Social: Who helps me feel connected? Am I making time for the relationships that matter most to me?
- Occupational: Does my work feel meaningful and sustainable? Am I maintaining healthy boundaries?
- Environmental: Do the spaces where I live and work support my wellbeing? What small change would help me feel more at peace in these spaces?
- Intellectual: Am I continuing to learn, grow, and stay curious? What has challenged or inspired me so far this year?
- Spiritual: What gives my life meaning and purpose? Am I making time for those things that help me feel grounded?

You don't have to score yourself. Simply give yourself space to notice what's going well and where some additional attention may be needed.

**3. Release what isn't serving you.** Midyear is a good time to let go of things that no longer fit your life. Maybe there's a goal, expectation, or commitment that has become too heavy. It's okay to release these things or adjust them to reflect where you are now. Ask yourself:

- Have my needs, priorities, or values changed since the beginning of the year? How and why?
- How can I honor those changes in the goals or intentions I've been carrying?
- What is one thing I can let go of to make room for that change and support my sense of peace, purpose, or joy?

These questions can help us acknowledge that change is normal. Rather than feeling like we've abandoned our goals or failed because our direction or plans have changed, we can consider whether our goals still fit who we are now. Our goals and expectations are allowed to change, just as we do.

**4. Choose one small step.** We don't have to completely overhaul our lives during a midyear check-in. Instead, we can pick one small thing to carry into the next phase of our lives as we embrace who we're becoming. Ask yourself:

- What's one habit I'd like to strengthen?
- What's one thing I can do this week that my future self would appreciate?
- What growth have I celebrated, and how can I keep it going and growing?

Remember that small, consistent actions can often create the biggest changes in our lives over time.

Remember that our wellbeing isn't measured by how much we've accomplished by this point in the year. It's reflected in how we care for ourselves, connect with others, and continue moving forward even when life doesn't go according to plan.

As we move forward beyond this year's midpoint, let's take time to honor who we've been, who we are, and who we're becoming. As we do so, we can reset with compassion, celebrate our resilience, and choose a path forward rooted in continued care, growth, and renewal with intention.