

Activities that help me relax:

- 1.
- 2.
- 3.



People I can contact for support:

- 1.
- 2.
- 3.



Things I'm grateful for today:

- 1.
- 2.
- 3.



Positive things that happened today:

- 1.
- 2.
- 3.



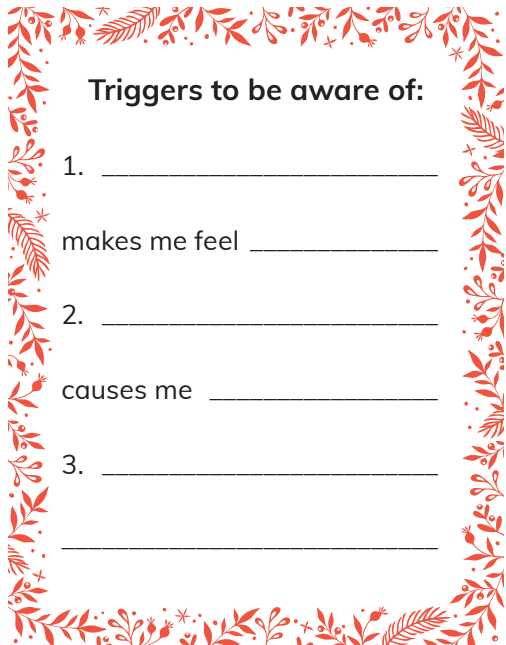
If I feel

I will contact




If I start

I will contact



Triggers to be aware of:

1. _____
makes me feel _____
2. _____
causes me _____
3. _____



- 1.
- 2.
- 3.

