

Make this personal to you, decorate, adapt it to work for you and keep it safe. Use it whenever you need it.

# Wellbeing Toolkit for \_\_\_\_\_

Things that  
calm and  
soothe me

(and make me feel  
happier):

Things I should try to take  
NOTICE of:

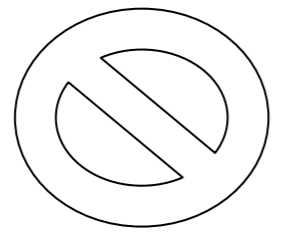
People I can  
CONNECT with:

Things I can  
GIVE:

Things I can  
LEARN:

Things I can do to  
keep ACTIVE:

Things to avoid that can make me feel worse:



In a crisis I need to:

