

TODAY'S SELF-CARE

I FEEL

STRESSED

SAD

ANGRY

UPSET

ANXIOUS

LONELY

HOPELESS

OVERWHELMED

I SHOULD

TRY TO RELAX

ASK FOR HELP

THINK BEFORE I ACT

TALK TO SOMEONE

WRITE DOWN MY WORRIES

DO SOMETHING CREATIVE

HELP SOMEONE IN NEED

PRAY OR MEDITATE