

Things I Know Will Help Me When I'm Down

I can contact one or more of my support persons, who are:

I will try to reduce some of my holiday stress by:

I will make conscious decisions to take care of my own needs by:

I will treat myself to some pleasures by:

Places I might go to make me feel:

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

Activities that might make me feel:

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

Music that might make me feel:

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

Readings that might make me feel:

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

Something new I want to try is:

I will try to give myself some peace and joy