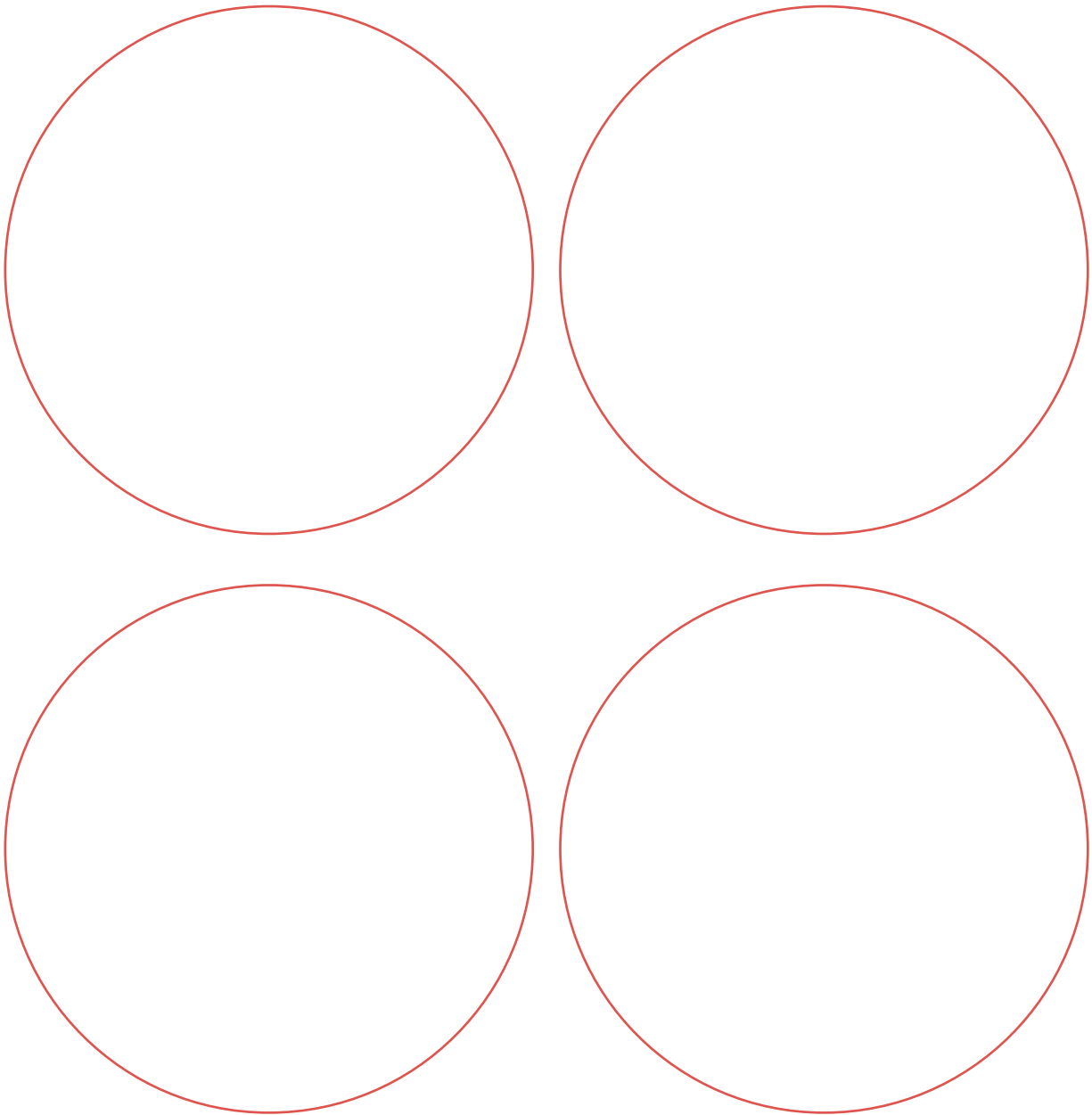


Worksheet – Activity 8 – Minding myself in challenging times

Worksheet: Creating my action plan for challenging times - Continued

What can I do each day to take care of my well-being? - When we do small things to maintain our well-being each day, they become part of our toolkit that we can use anytime, and particularly if we are facing a challenging time.

Four large, empty circles arranged in a 2x2 grid, intended for writing daily actions to maintain well-being.