SELF CARE TOOLKIT

PHYSICAL	**EMOTIONAL**
CREATIVE	**SPIRITUAL**
CONNECTION	**WORK/SCHOOL**
AROUND THE HOUSE	**RELAXATION**
WHAT MIGHT GET IN THE WAY?	
WHAT NEGATIVE STRATEGIES DO I NEED TO AVOID?	
WHAT IS THE FIRST THING I CAN DO TO FEEL BALANCED?	

Model Inspired by reachout.com