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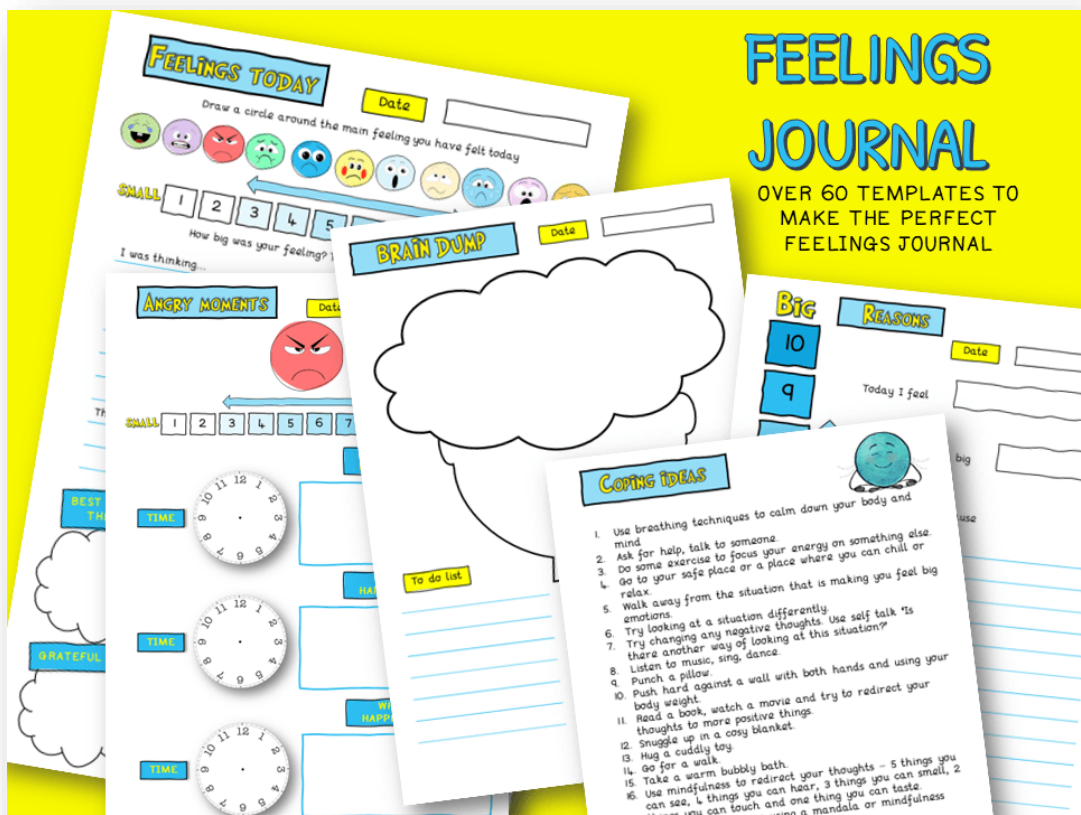




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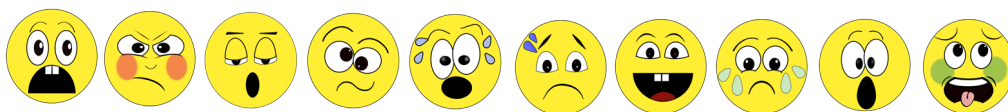


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Feelings check in

Today I feel...

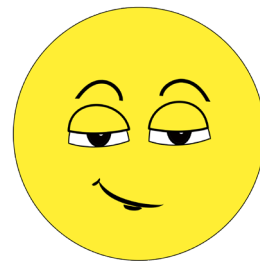


Happy, angry, bored or tired, confused, overwhelmed, worried, happy, sad, surprised, disgusted

Because... *(why do you think you are feeling this?)*

When I feel _____ I can.... *(tick the ones you think will help)*

- Share my feelings with a trusted person
- Use positive self-talk and affirmations
- Practise mindfulness – focus on the present moment
- Find time to relax – doing things that make me feel calm
- Exercise – to help get rid of all the inside energy
- Write or draw about my feelings in a journal
- Change my thoughts. - Is there another way of looking at this?
- Take a break – rest your body and mind
- Use self-care – have a bath, read a book
- Practise calming breathing
- Do more things to make me happy
- Visualise my happy and calming place
- Progressive muscle relaxation – relax my muscles one by one
- Ask myself - Is this in my control?
- Set myself small achievable goals
- Colouring, drawing or making something



Something else that might help me?

Feelings check in

Today I feel...

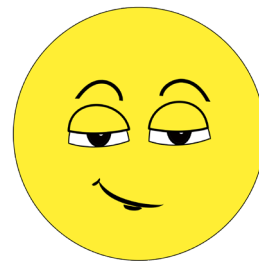


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