

My wellness toolbox

Imagine a toolbox that you can carry with you, full of different tools you can pull out whenever you run into a problem. The wellness toolbox is your list of **strategies** and **ideas** you can use to keep you feeling good and to help you when you're not feeling so good.

Something I need everyday is...

e.g. Do something I enjoy.

Something I need everyday is...

Something I need everyday is...

Something I need to do regularly but not every day is...

e.g. Reach out to someone I trust.

Something I need to do regularly but not every day is...

Something I need to do regularly but don't is..

e.g. Get a good night's sleep.

Something I need to do regularly but don't is..

