



## Self-Care Go-Tos to Help You Feel Better

Use this sheet to write down activities that you notice help to lower stress levels and boost your energy and mood. Focusing on these can help you to take a step back and focus on your overall wellbeing and coping.

<b>Physical...</b> caring for your body	<b>Mental...</b> caring for your thoughts and mind
	
<b>Emotional...</b> caring for your feelings	<b>Spiritual...</b> caring for your soul
