

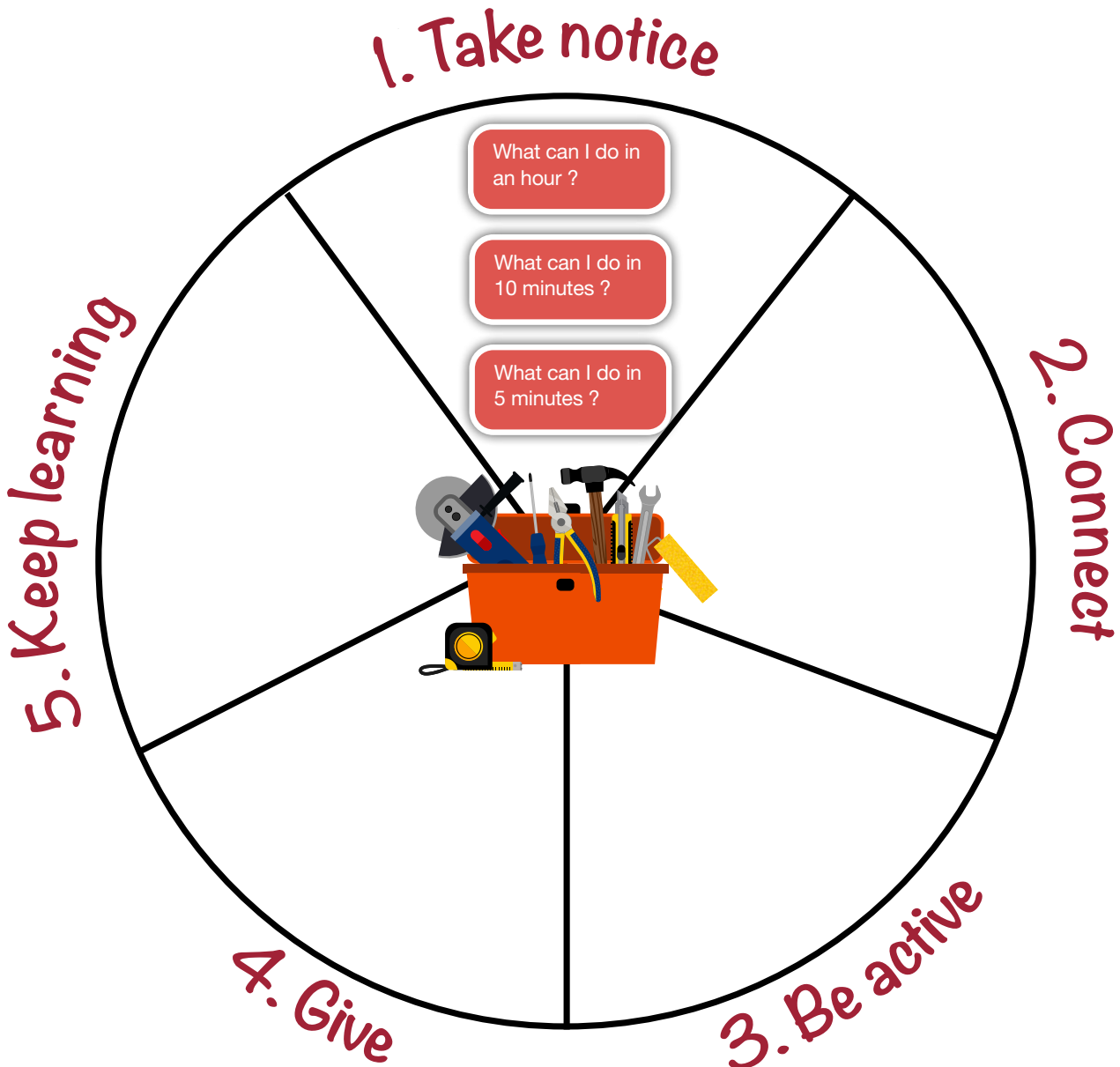
Worksheet – Activity 8 – Minding myself

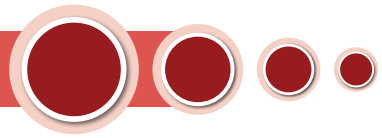
Step 2: Creating my wellbeing toolkit

Instructions:

When you visit each discussion station, note some of the tools that you think are most useful for you
– **What are your Toolkit Takeaways?**

Minding myself toolkit





Worksheet – Activity 8 – Minding myself

Step 2: Creating my wellbeing toolkit

Reflecting on your toolkit, what self-care tools work best for you?

Write/Draw in the space below.

What are the best ways to mind ourselves when we are feeling low/lacking motivation?

Write/Draw in the space below

