



It's okay to have hard days. Let's take this one step at a time.

My feelings



1 What happened today?



2 What am I feeling right now?



3 Where do I feel it in my body?



4 What might be making me feel this way?



5 What do I need right now?



6 What is one kind thing I can say to myself?



7 Who can I talk to or reach out to?



8 What is one small step I can take next?



Pause & Breathe

Take **3** slow breaths.
Notice **5** things you can see,
4 things you can feel,
and **1** thing you can do next.



 You are not alone. Your feelings matter. You can ask for support. 



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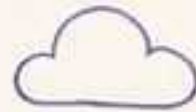


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