

**WHAT
ARE YOU
STRUGGLING
WITH RIGHT
NOW?**



Is there anything you could do to eliminate one or more of these challenges?

What does help with this issue look like to you?

Make a list of 15 things that you find particularly funny. Why are those things funny to you?



How do you feel today on a scale of 1 - 10 and why?

What does it mean for you to have a "safe space"? How could this be beneficial to your mental health?

List 5 things you love about someone you love.

**HOW DO YOU
PRACTICE
SELF-CARE OF
YOURSELF ON A
DAILY BASIS?**



**LIST
5 THINGS
YOU LOVE ABOUT
YOURSELF.**



What thoughts are the loudest in your mind right now? Which ones are the quietest? What does this tell you about yourself?

What can you do today to help improve your mood and make yourself feel better?

