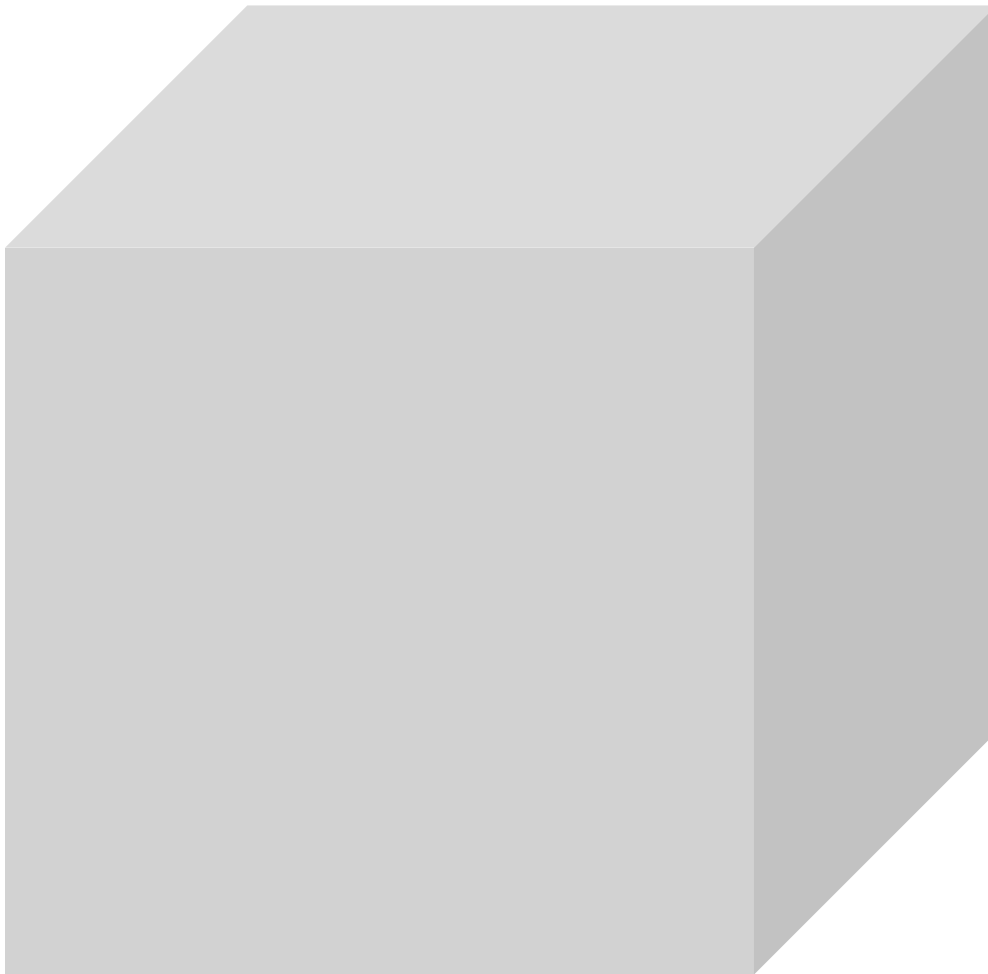


Wellness Toolbox

A wellness toolbox contains all of those things that help keep you well. You may decide to get a physical box and place things inside such as your favourite movie, pictures of you and your loved ones, helpful phone numbers. Alternately you can fill in the box below by listing down those things that help keep you well. When you're not feeling well, choose something from your toolbox to try. Some ideas are listed below for you.



Ideas....

- Eat a salad
- Write in my journal
- Drink a glass of water
- Ring my cousin
- Read
- Drink a herbal tea
- Walk around the block
- Call a support line