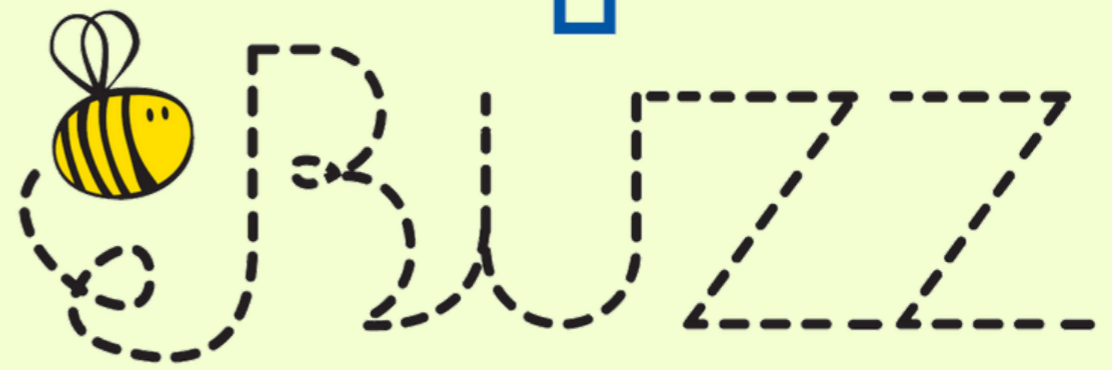


Wellbeing Toolkit

Compass



Try to pick 2 songs that help you feel a little bit better, 2 of your favourite foods (or things you can cook/bake for yourself), 2 items which provide comfort when not feeling great (e.g. favourite hoodie or your blanket), 2 people who make you feel better who you could contact, 2 activities which help lift your mood or make you feel better (e.g. drawing, running or a breathing exercise) and 2 good memories that make you smile.

Use your toolkit when you need a boost!



2 songs



2 foods



2 comfort items



2 people



2 activities



2 memories

