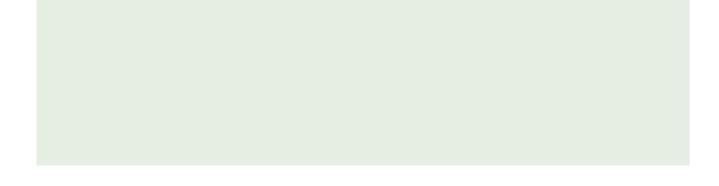
Daily check-in

Today I'm feeling...



I'm feeling this way because...



Coping tools I can use to help my feeling(s) are...

Take deep breaths

Count down from 10

Read a book

Go outside for a walk

Listen to a meditation

My ideas

