



TRADE IT IN!



Stuck? Stressed out? Struggling?
Turn it into serenity and growth right here!

FEELING ANY OF THESE?



- Annoyed
- Angry
- Nervous
- Not enough
- Taking it personally
- Judgmental
- Resentful
- Stressed
- Control issues
- Hiding
- Frustrated
- Scared
- Worried
- forcing things
- Denial
- Shame
- Ego
- Lying
- Dishonest
- Embarrassed
- Other:

BRIEFLY, WHY?



WHO AM I CHECKING IN WITH?



This can be anything from a one-sentence text to a deep conversation. Look at your care map for inspiration!



COMPOST
ALL OF IT
FOR NOW



AND DO
SOMETHING
POSITIVE

Any size action counts. Share something you appreciate about someone • feed or play with a pet • Ask someone how they're doing • Drink some water • Offer some help • Water the plants • Plant a tree • Send a card, or just an emoji • Burn down the system • You know: whatever floats your boat

I'M GOING TO: