

EXPLORE WAYS TO RESTORE - JOURNALING

1. Write 3-5 things you are grateful for each day
2. At the end of each day write down 3-5 things you are proud of
3. Draw freely for 2-5 minutes without thinking too much
4. Glue or tape bits of colorful paper into it to make a collage
5. Keep a running record of how you feel: Physically, Emotionally, Mentally, Intellectually, Spiritually