

Wellness Health Card	Name: Michelle Black	Date: November 7, 2020
Warning Signs/Signs I'm Stressed	What I Can Do To Feel Better	What I Can Do With Others to Feel Better or How Others Can Support Me
<ul style="list-style-type: none"> <li><input type="checkbox"/> Start clearing my throat more than usual</li>   <li><input type="checkbox"/> Feeling mixed emotions</li>   <li><input type="checkbox"/> Not sleeping well</li>   <li><input type="checkbox"/> Feeling that I need some alone time</li>   <li><input type="checkbox"/> My hands get shaky</li>   <li><input type="checkbox"/> My buttons get pushed really easily and I snap at people or get angry</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take deep breaths (thinking "deep" on the inhale and "slow" on the exhale) and have a glass of water</li>   <li><input type="checkbox"/> Recognize what emotions I am feeling and not bottle them up – take time to do a quiet activity like drawing in my journal and then colour it</li>   <li><input type="checkbox"/> Take a relaxing bath before bed, listen to a calming guided meditation, go to bed early, listen to my recorded music that lulls me to sleep</li>   <li><input type="checkbox"/> Go to a coffee shop, schedule a time to go to the pool for lane swimming, go to my room and set boundaries with others not to disturb me for a certain amount of time</li>   <li><input type="checkbox"/> Take time to draw and colour in my journal (as I start to draw, my hands slowly stop shaking and I start to create something and then I take time to colour it, my mind feels more clear too)</li>   <li><input type="checkbox"/> Notice that I am doing this and do something to help with my emotions, like taking time to take deep breaths, remember to be polite and it's ok to apologize for my behavior</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Colour with a friend or do a calming activity or someone could ask me if I want a drink of water</li>   <li><input type="checkbox"/> Have a good talk with my friend where they can just listen and be there with me, get a virtual hug (especially during Covid)</li>   <li><input type="checkbox"/> Give me some space so that I can go to bed early</li>   <li><input type="checkbox"/> Have others respect the boundaries I set (let them know that I need some alone time)</li>   <li><input type="checkbox"/> Spend some time with a friend and do an activity together</li>   <li><input type="checkbox"/> If others see that I am snappy or angry to give me some space and maybe change the subject</li> </ul>

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