

EMOTIONAL STRATEGIES

This page is where you track emotions and what strategies seem to help.

We all have certain activities that help lift us up when we need it. Identify yours so that you can use the strategies that work for you in a more intentional way.

Like a matching game, draw lines from your emotion to the strategies that give you relief.

Add to the *How I Feel* and *Strategies* list to make it more personal.

H O W I F E E L



S T R A T E G I E S

