



Feel Good Plan.

Relax or Activate.

SELF-SOOTHE STRATEGY

SIGHT

SOUND

SMELL

TASTE

TOUCH

MULTI-SENSORY

SPIRITUAL SENSE

ACTIVATION STRATEGY

ACTIVITIES

CONTRIBUTING

COMPARISON

EMOTIONS

PUSH AWAY

THOUGHTS

SENSATIONS

Your mind is powerful.

"If you can find a why, you can tolerate almost any how." – Victor Frankl

My WHY:

Personal Support System

Professional Support System

My Strengths & Resources

