



Unhelpful coping strategies I would like to use less or not at all:
Ex: Biting my nails
1)
2)
3)
4)
5)

Barriers to maintaining my wellness strategies: Ex: Lack of time
1)
2)
3)
4)
5)

When do I need to take a break?
Ex. I yell at loved ones
1)
2)
3)
4)
5)