

# FEELING BLUE?



Ever feel like ignoring the world and your basic needs? We understand. It can be hard to take care of yourself when you're feeling really down. If you feel you are struggling, try setting small goals for yourself. It can be as simple as brushing your teeth. Have a go and set yourself three goals for the day!

**Good Morning!**  
What is your first goal of the day?

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**Good Afternoon!**  
What would bring a smile to your face?

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**Good Evening!**  
It's the end of the day, what will help you unwind?

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**GREAT JOB!**

Use one word to describe how you feel now that you've accomplished your three goals?

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