



Beyond Our Health

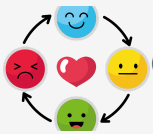
MOOD FIRST-AID KIT

"I can't fix everything right now—but I can take one small step."



MY GO-TO GROUNDERS

- ☐ 5-4-3-2-1 Grounding Exercise
- ☐ Hold an ice cube or splash cold water on my face
- ☐ Walk barefoot outside (if safe)
- ☐ Hug something soft or heavy (blanket, pillow, pet)
- ☐ Press my feet into the floor and name 3 things I can see



QUICK MOOD SHIFTS (5-15MINS)

- ☐ Step outside and feel the sun for 5 mins.
- ☐ Drink a full glass of water
- ☐ Dance to one song
- ☐ Write out what I'm feeling, no filter
- ☐ Clean one small thing (a drawer, my bed, a dish)



MY FEEL-GOOD PLALYLIST OR SOUNDS

- ☐ "Good Days" - SZA
- ☐ "Lovely Day" - Bill Withers
- ☐ Rain or ocean sound app
- ☐ Binaural beats for focus or relaxation



AFFIRMATIONS & REMINDERS

- ☐ "This feeling is temporary - even if it doesnt feel that way"
- ☐ "Ive gotten through hard days before"
- ☐ "I am not my thoughts."
- ☐ "Its okay to rest. I'm allowed to take care of myself"



HEALTH & SAFETY:

- ☐ Did I drink water today?
- ☐ Did I eat 2-3 times today?
- ☐ Did I take my supplements today?
- ☐ Did I sleep well lastnight?
- ☐ Can I get a quick movement exercise in?



MY COMFORT SPACES

- ☐ A familiar scent (lavender, vanilla, essential oil)
- ☐ A cozy playlist
- ☐ Go for a trip to your favorite island