

When I'm Feeling...

5

4

3

2

1

0

I know my glass weight is...

5 Unbearable, cannot function

4 Panicky, lose focus, anxious in the body

3 Upset and uncomfortable, still functioning

2 Moderate anxiety and worry

1 A little bit sad or distressed

0 Calm/Peace

To cope with this weight, I will...

5

4

3

2

1

0

Self-Care Ideas

Baking/cooking
Call a friend or family member
Crafting
Dancing
Declutter space in your house
Deep breathing
Drawing
Eat something healthy
Gardening

Go for a drive
Indulge in a treat
Listen to music
Meditation
MyStrength App
Napping/resting
Painting
Playing an instrument
Reading

Send a card or note to a friend or family member
Singing
Take a break from news or social media
Walking/running
Watch a movie
Yoga

Be Well Community