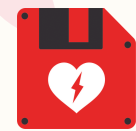


Your Daily Mental Health Wellness Planner



Presented to you by:



FirstAid
RESPONDERS

Today's Plan

Date



To-Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Morning Routine

Three teal cloud shapes, each containing a small square box for notes.

Today's Meals

- Breakfast
- Lunch
- Dinner

Describe all the feelings you felt today



Plans and steps to Increase good feelings



Plans and steps to overcome bad feelings



Count all the things you are thankful for today

