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# HEALING TOOLS LIST

Note down all the things that make you feel good, and support your well-being, mind, body and soul.



Everything from yoga, meditation, tea, calling a friend...note it all down

# HEALING TOOLS LIST

Categorise each of your healing tools into whether they support your mind, body or soul.



# HEALING TOOLS LIST

Catergorise each of your healing tools into whether they support your mind, body or soul.

TOOL	SUPPORT <small>eg. anxiety, clarity, frustration, anger, gut health, relaxation</small>
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