HEALING TOOLS LIST

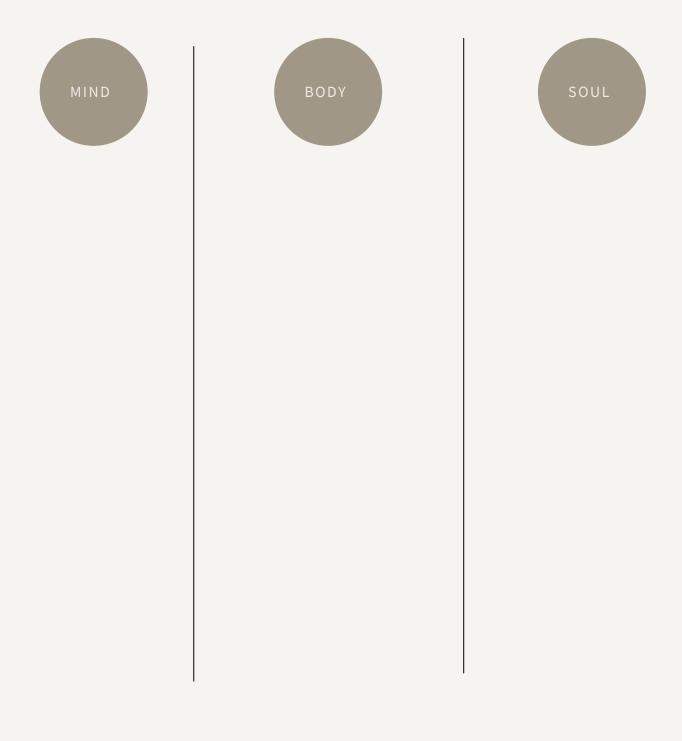
Note down all the things that make you feel good, and support your well-being, mind, body and soul.

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

HEALING TOOLS LIST

Catergorise 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	eg. anxiety, clarity, frustration, anger, gut health, relaxation
1.		
2.		
3.		
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<u>8.</u> 9.		
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15.		

lea.livingfurthur