### HEALING TOOLS LIST

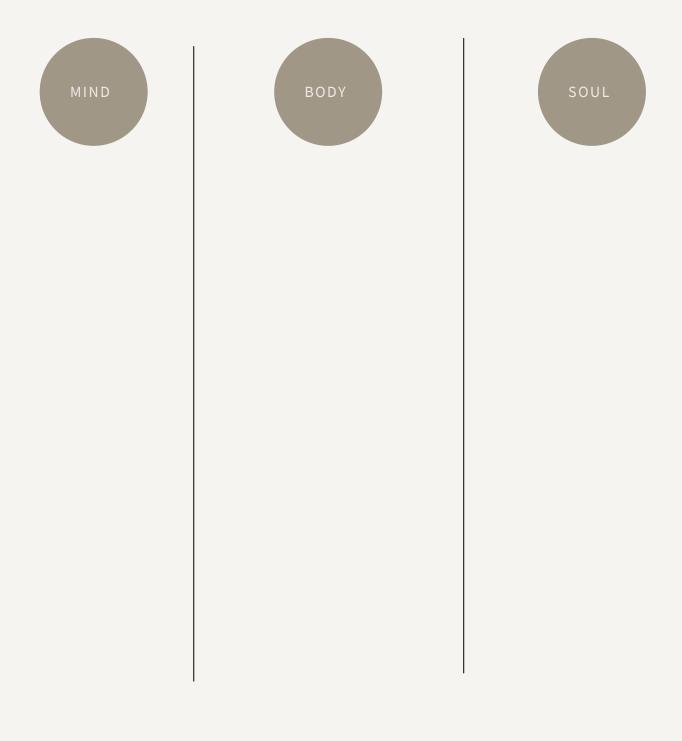
Note down all the things that make you feel good, and support your well-being, mind, body and soul.

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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.		
4.		
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<u>8.</u> 9.		
10.		
11.		
12.		
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14.		
15.		

lea.livingfurthur