



you rock



take a nap



journal



do a craft



believe in yourself



read a book



go with the flow



complete a goal



track your sleep



make your bed



meditate



move forward



make a tea



compliment yourself

mytoolkit

myToolKit.ca





doodle



listen to music



make alone time



make a safety plan



take a break from screens



go for a walk



laugh



tell someone you care



drink water



take 5 deep breaths



make a thankful list



go outside



dream daily



let it go

Be Safe

BeSafeApp.ca

