

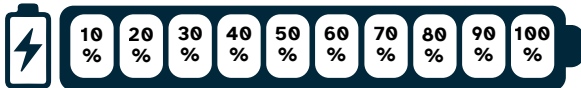
ANXIETY CHECK-IN

Safe In Our World Toolkit

Date:

M T W T F S S

Energy Tracker



Sleep Tracker



If today was a weather report...

What made me feel anxious?

How can I respond differently next time?

A space to offload about how my day went:

What's one small step I can take right now to feel better?

Today, I'm proud of myself for:

What's the best possible outcome I can imagine?