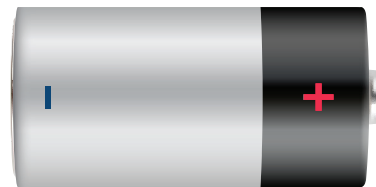


# Self-Care Battery

We are all individuals in what drains us and what recharges our mental well-being. Part of self-care is identifying what could be draining your battery and what you can do to recharge your battery.

Things that could be draining me:

Where on the battery  
do you currently feel?



Things that could help me recharge: