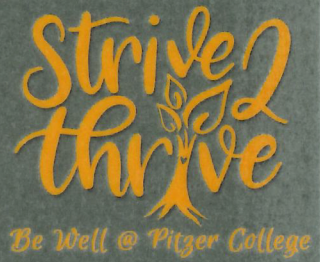


STRIVE2THRIVE CHECK-LIST



- Boxed Breathing
- Diaphragmatic Breathing
- Guided Meditation
- Progressive Muscle Relaxation
- Resourcing
- Tracking
- Joyful Movement
- Sunshine
- Hydrate
- Positive Affirmations
- 5, 4, 3, 2, 1 Grounding
- Mindful Eating
- Yoga, Light Stretching
- Nature walk
- Journaling
- Singing
- Dancing
- Shower Meditation
- Crisis Text/Hotlines
- Cooking
- Cozy Clothes
- Self-Compassion Holds
- Therapy session
- Call a loved one

NOTES

Scan the QR code for
definitions, links and
additional resources!

