**🧰 My Emotional Toolbox Worksheet**

*A practical guide to support your mental and emotional well-being*

**💭 Step 1: What Emotions Do You Commonly Experience?**

Tick the emotions you experience often and feel you’d like support with:

☐ Anxiety  
☐ Sadness  
☐ Anger or frustration  
☐ Fear or worry  
☐ Loneliness  
☐ Guilt or shame  
☐ Overwhelm  
☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**🛠️ Step 2: What Helps You Cope?**

List things you already do (or want to try) that help you feel calmer, supported, or more in control.

**🧘‍♀️ Relaxation Tools**

(e.g., breathing exercises, meditation, calming music)

**📓 Express Yourself**

(e.g., journaling, art, talking to someone)

**💬 Connection**

(e.g., calling a friend, joining a support group)

**🏃 Movement**

(e.g., going for a walk, stretching, yoga)

**🎯 Distraction & Enjoyment**

(e.g., hobbies, watching a favourite show, reading)

**💡 Helpful Thoughts or Reminders**

(e.g., "This feeling will pass", "I’ve handled tough days before")

**❤️ Step 3: Who Can I Reach Out To?**

List a few people or services you can contact if you’re struggling:

**Family/Friends:**

**Healthcare Team:**

**Mental Health Support (e.g., therapist, helpline):**

**Support Groups or Online Communities:**

**📅 Step 4: My “Go-To” Plan When I'm Struggling**

Create a simple 3-step plan for yourself when you're feeling overwhelmed.

**✍️ Notes / Reflections**

Use this space to jot down any thoughts, reminders, or insights:

Would you like this worksheet as a **printable PDF**, **fillable form**, or formatted for a **webpage**? I can tailor it to