



Day 8

Journal Prompt: Write about a time you helped another person



Activity 1:

Walk around your house and find an item for each of your senses: Sight, Sound, Taste, Feel and Smell. Next time you are feeling anxious walk around and find an item for each to take your mind off of your worry!

Activity 2:

Have a picnic!

Pack up some of your favorite foods and find a new spot to eat! If it's raining, travel to a different room in your house to enjoy your meal!

*your speed
doesn't matter,
forward
is
forward*



TheLakeKate

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