InclusiveEd

— LOOKING AT RECOVERY IN A BALANCED AND HOLISTIC WAY —

ORGANISING MY CHAOTIC MIND

I can sort my thoughts, one step at a time.

WHAT IS ON MY MIND RIGHT NOW?

WHAT THOUGHTS ARE MAKING ME FEEL STRESSED?

WHAT CAN I LET GO OF OR NOT WORRY ABOUT?

MY MIND MATTERS

I can take control of my thoughts and create more calm.

WHAT CAN I DO TO HELP MYSELF?

WHAT DO I NEED HELP WITH?

WHAT MAKES ME FEEL CALM?

WHAT IS ONE SMALL STEP I CAN TAKE TODAY?

WHAT POSITIVE THOUGHTS CAN I FOCUS ON?

My mind is busy sometimes, and that's okay.
I can take it one step at a time.

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LOOKING AT RECOVERY IN A BALANCED AND HOLISTIC WAY

Mind | Emotions | Body | Relationships | Environment | Purpose

Be kind to yourself. Keep going. You are growing.

Free InclusiveEd printable. Explore the full workbook:
inclusiveed.co.uk/organising-my-chaotic-mind/