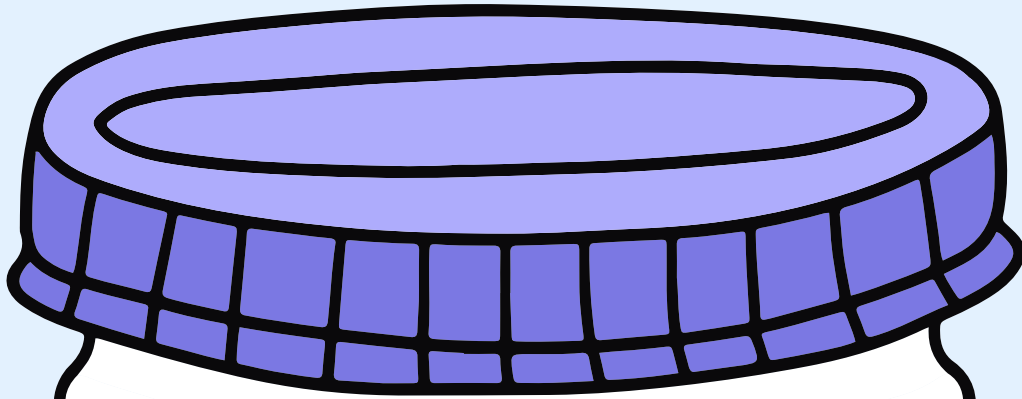


Energy Jar



Personal/ self

EG: Journaling

socially

EG: Going to the movies with friends

physically

EG: Playing footy

Fill the jar with things that you enjoy putting your energy into throughout the week. Think of things that are positive and that are a form of self care, that you as an individual enjoy.

Whenever you feel upset, bored or want something to do pick something out of the jar. Always make sure you have space for you.