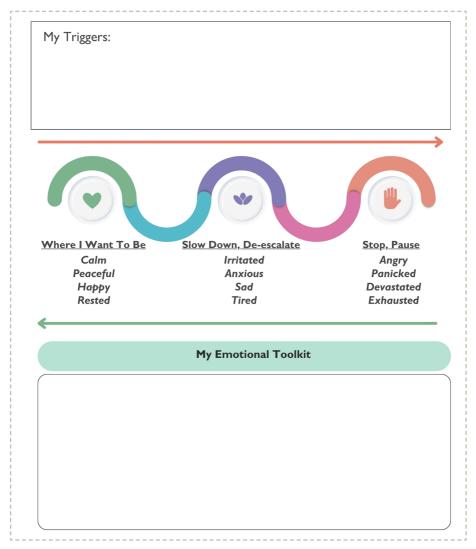
## Printable for The Healing Journal: A Caregiver's Path to Self-Care

Triggers: What makes you irritated, anxious, sad or tired? Write all your major triggers in the graphic below.

Emotional toolkit: What makes you feel happy? What calms you down? Write all your favourite activities in the graphic below.



Congratulations on building your personalised Emotional Toolkit! Take a picture of your Emotional Toolkit so you can look at it anywhere you go. Alternatively, you can cut out this page and carry it along with you.