



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.

My Triggers:







Where I Want To Be
*Calm
Peaceful
Happy
Rested*



Slow Down, De-escalate
*Irritated
Anxious
Sad
Tired*



Stop, Pause
*Angry
Panicked
Devastated
Exhausted*



My Emotional Toolkit

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.