

## HANDOUT 4G

## Self-Care Activities

What are some activities that are enjoyable and easy for you to do that you can add to your “go-to” list of activities to do when you are feeling sad, mad, frustrated, or some other negative emotion? Think of at least three things and write them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_