



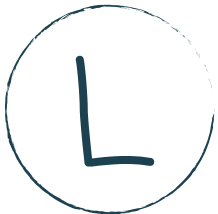
Hungry Angry Lonely Tired



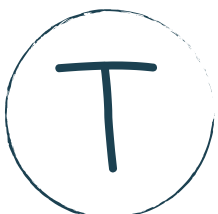
- When did I eat last?
- When did I last drink water?
- Am I craving unhealthy food?
- Am I physically hungry or is my hunger emotional?



- Are you really angry or are you frustrated, aggravated or overwhelmed?
- Why are you angry? Are you angry and don't know why?
- What are you dealing with at this moment that is stressful?
- Is the situation making you feel angry? Or is it something else?
- What's one thing you can do at this moment to calm yourself?



- Am I lonely or bored?
- Am I struggling to be alone? Ask yourself why.
- When was the last time I took a walk outside? Moved and stretched my body?
- When was the last time I spoke to a trusted friend?
- When was the last time I socialized? Was it a positive or negative experience?
- What could I change to make socializing a healthier experience for me?
- Am I thinking of harming myself because I am feeling lonely? Reach out to someone immediately for help. National Suicide Prevention Lifeline Available 24 hours. 800-273-8255



- Am I getting good and deep sleep?
- Am I getting enough of it?
- Am I giving myself breaks when I need them?
- What daily habits can I incorporate to make time for more rest?
- What things can I let go of to make more time for myself?
- How can I energize myself?