

DAILY TO DO'S

DATE



I MUST COMPLETE:

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-
-
-
-

DON'T FORGET



I REALLY SHOULD COMPLETE

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-
-
-



CALLS AND EMAILS



IF I HAVE TIME

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-

THINGS TO DO WHEN I FEEL STRESSED

- 1
- 2
- 3

SELF CARE FOR TODAY



WHAT



WHERE



WHEN

WORRIES FOR ANOTHER DAY

For more mental health resources check out: [Strathcona.ca/wellbeing](https://strathcona.ca/wellbeing)

Strathcona County's Mental Health Capacity Program is made possible through Alberta Health Services and Strathcona County



**STRATHCONA
COUNTY**