





Name: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_

Which season are you in?	Feelings	Activities	How is your...?
<p><b>Spring (happy)</b></p> 	<p>Grateful Optimistic Glad Charmed Helpful Happy Bright Glowing Healthy</p>	<ul style="list-style-type: none"> <li>• Take a walk</li> <li>• Listen to music</li> <li>• Watch movies with friends</li> </ul>	<p><b>SELF-CARE</b></p> <p>I take time out to do the things I like to do. I take care of myself. I can put myself before others.</p> <p><b>Yes    Maybe    No</b></p>
<p><b>Summer (noticing triggers)</b></p> 	<p>Upset Frustrated Disturbed Unsure Unsettled Discouraged Confused Helpless Anxious</p>	<ul style="list-style-type: none"> <li>• Listen to a friend</li> <li>• Do yoga</li> <li>• Listen to calming music</li> </ul>	<p><b>SELF-ESTEEM</b></p> <p>I feel good about myself. I recognise when I do a good job. I make decisions with confidence.</p> <p><b>Yes    Maybe    No</b></p>
<p><b>Autumn (warning signs)</b></p> 	<p>Distressed Rejected Left Out Heartbroken Miserable Disappointed Discontented Dejected Empty</p>	<ul style="list-style-type: none"> <li>• Talk to family members and friends</li> <li>• Share your feelings and experience</li> <li>• Go to park and connect with nature</li> </ul>	<p><b>MINDSET</b></p> <p>I see challenges as opportunities. I accept that there are things I cannot change. I can look at a situation in more ways than one</p> <p><b>Yes    Maybe    No</b></p>
<p><b>Winter (distressing point)</b></p> 	<p>Depressed Hopeless Sorrowful Worried In despair Alienated Devalued Resentful</p>	<p>Contact a friend for help or contact a person on the list given below</p>	<p><b>SENSE OF SELF</b></p> <p>I think that I have a role in shaping my future. When I make plans, I follow them through. I believe that I can be successful in the things I do</p> <p><b>Yes    Maybe    No</b></p>

**Don't hesitate to call:**

Crisis Care Helpline – 13 16 11

Lifeline – 13 11 14

Western Sydney Helpline - 1300 096 273

(Free counselling)

**SOCIAL SUPPORT**

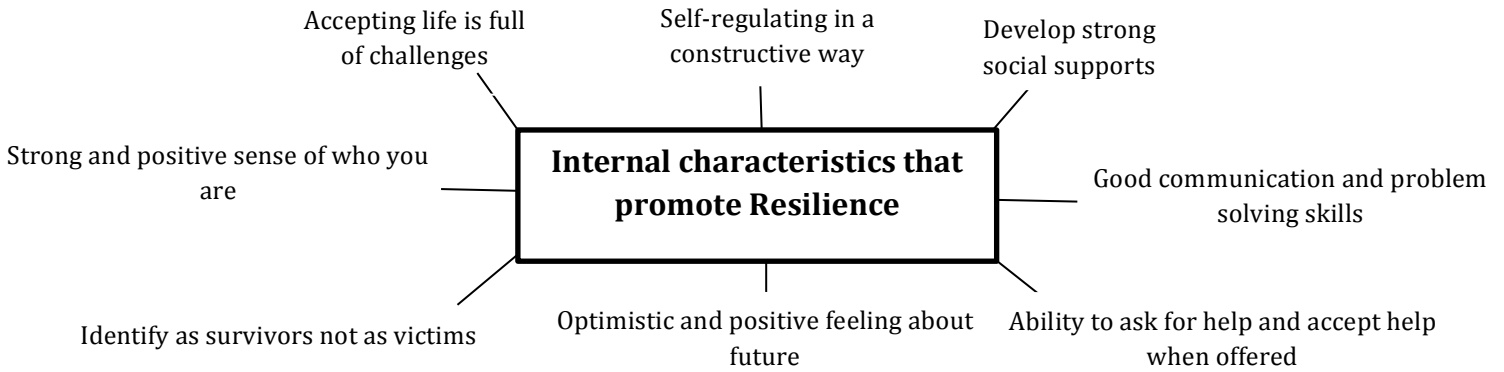
I accept help from others.

I have someone in my life who is there for me.

I make time for people who are important to me.

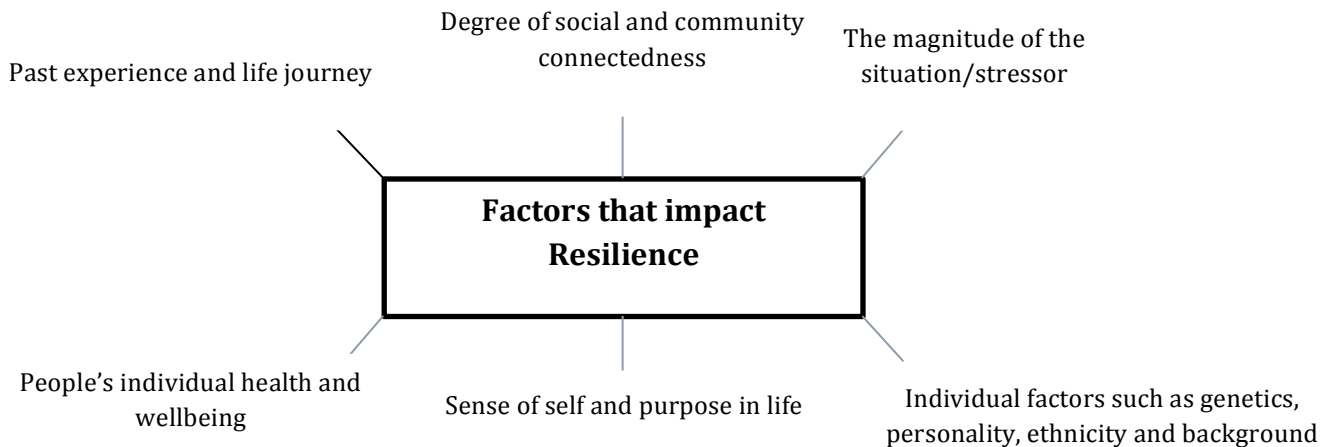
**Yes    Maybe    No**

<b>Spring</b>	September	October	November
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<b>Summer</b>	December	January	February
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<b>Autumn</b>	March	April	May
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<b>Winter</b>	June	July	August
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