ELIZABETH'S CREATIVE WELLBEING WORKSHOP

My Calm & Comfort Plan

Pause gently. Choose what helps. Go at your own pace.

Use words, pictures or drawings to explore what helps you feel comfortable. You can skip any question and keep your answers private.

1. Things that help me feel calm

Think of sounds, objects, colours, or simple moments.

2. Comforting activities I enjoy

What do you like doing when you need some quiet time?

3. Places where I feel comfortable

These can be real places or places you imagine.

4. People and things that support me

Who or what helps you feel supported?

5. When I need a break, I can...

Choose one small, comfortable action.

6. My personal calm reminder

A kind message to yourself for another day.

My pace. My choice. My wellbeing.

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