

Wellness Planner

Pause
to slow down and bring
calm to your situation

- 1.
- 2.

Breath
slow deep braths as
needed

- 1.
- 2.

practice calmness

reflect
list three ways to reflect you
when calmness

- 1.
- 2.
- 3.

Disclaimer: Our wellness stationery is intended for inspiration and personal reflection only. It is not a substitute for professional medical or mental health advice. Please seek support from a qualified professional when needed