

Wellness Planner

1.

Pause
to slow down and
bring calm to your
situation

2.

Breath
slow deep breaths as
needed

1.

2.

Wellness Planner

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

reflect
how do you feel once you
are calm

1.

2.

3.

EPS

Wellness Planner



EPS



EPS



EPS

practice calmness

EPS

EPS

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wellness planner

personalize it enter your
prompt here

practice calmness

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