

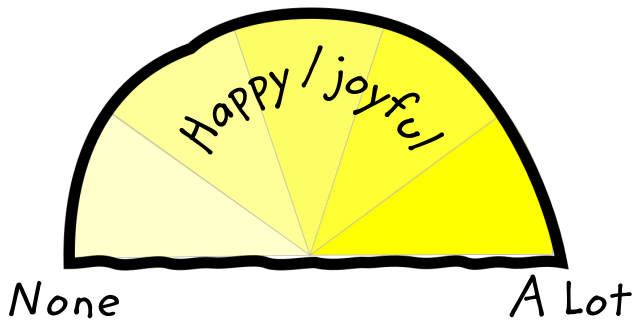


# Wellbeing Check-in

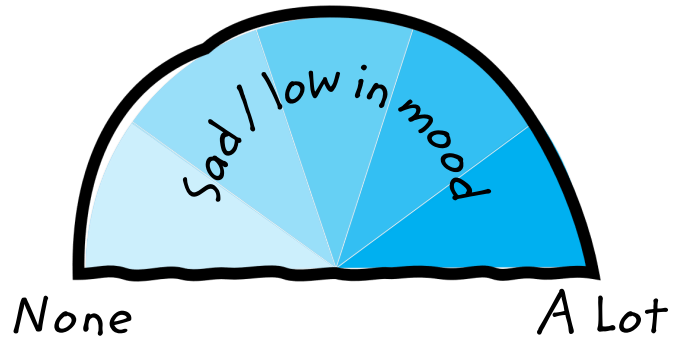


How have you been feeling recently?

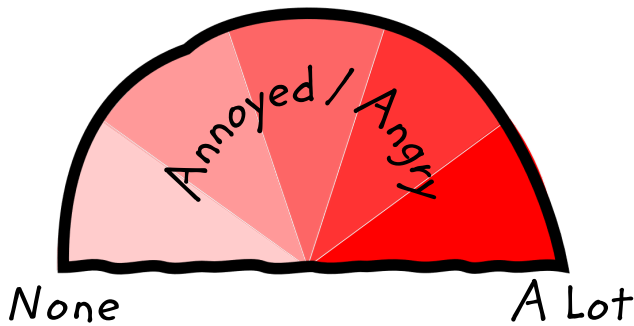
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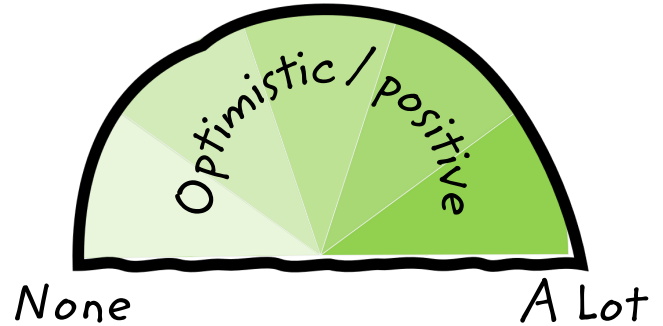
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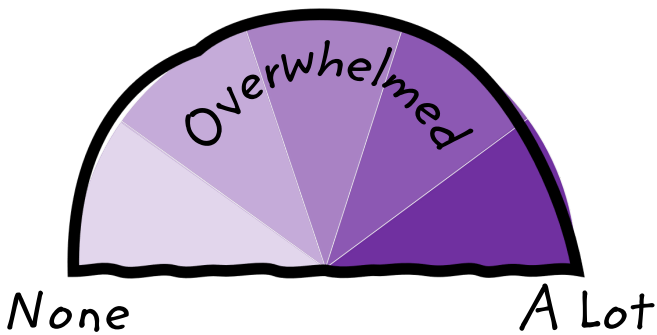
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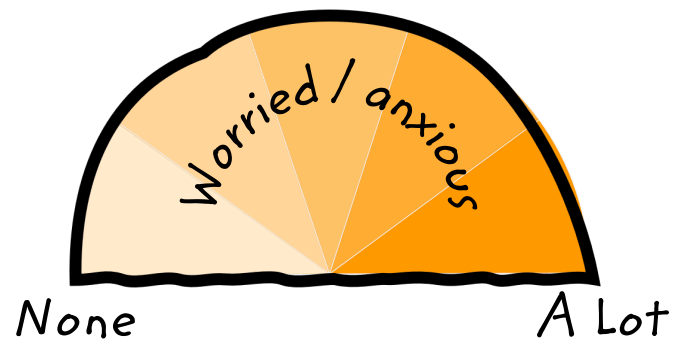
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None Some Lot

Find more mood and wellbeing trackers plus lots of ideas and information about feelings and coping strategies

[www.startnowcornwall.org.uk/wellbeing-action-plan](http://www.startnowcornwall.org.uk/wellbeing-action-plan)

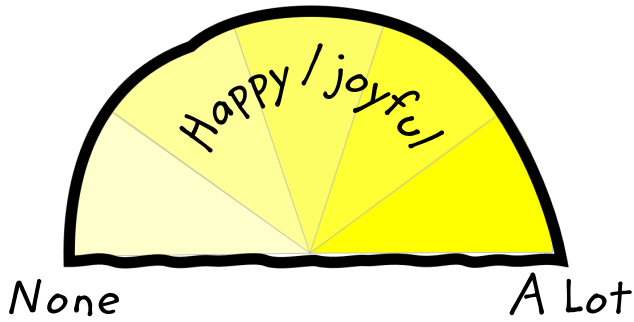


# Wellbeing Check-in

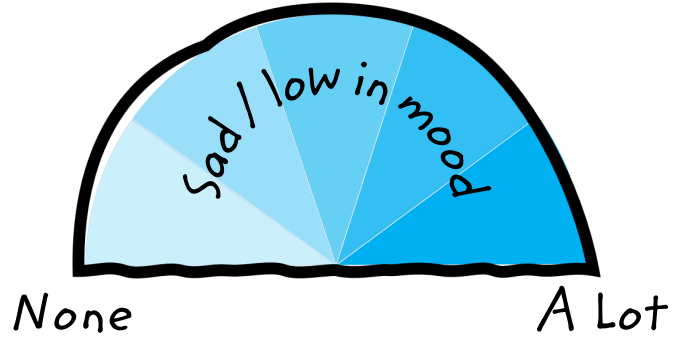


How have you been feeling recently?

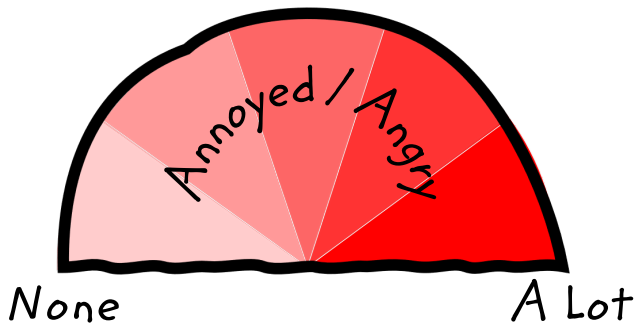
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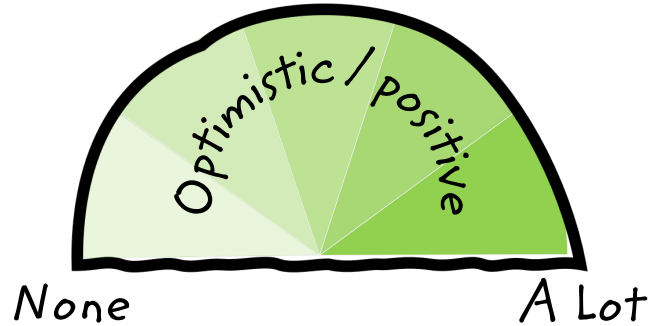
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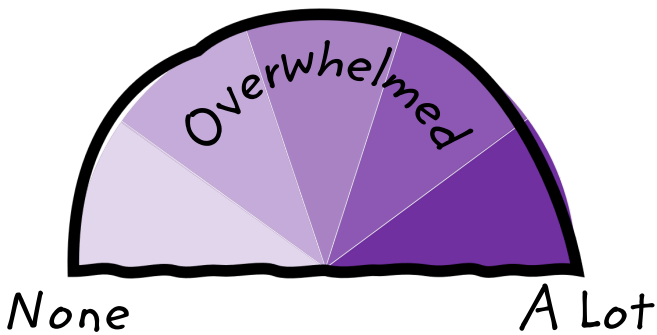
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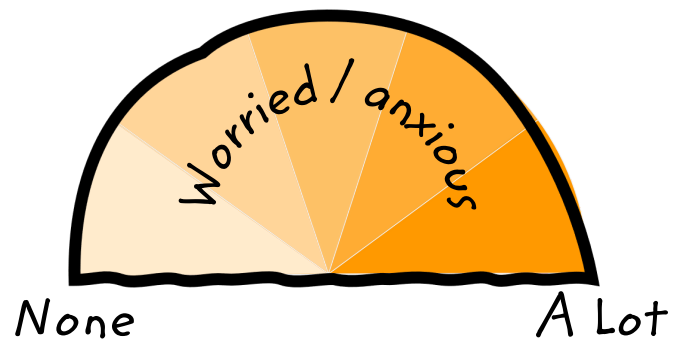
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None Some Lot