

RU OK Today?

Ask yourself...

- How am I feeling at the moment?
- Is there anything on my mind about what's coming up today?
- Am I still thinking about something that happened yesterday?
- Is my body telling me anything about my feelings (Early Warning Signs)?
- What am I going to do today to look after my wellbeing?
- If I'm feeling down or worried who can I talk to? Where can I go for help?

