



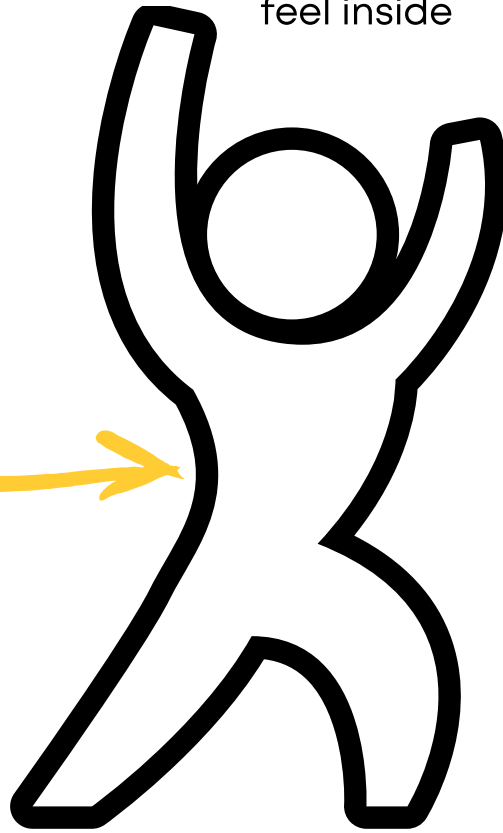
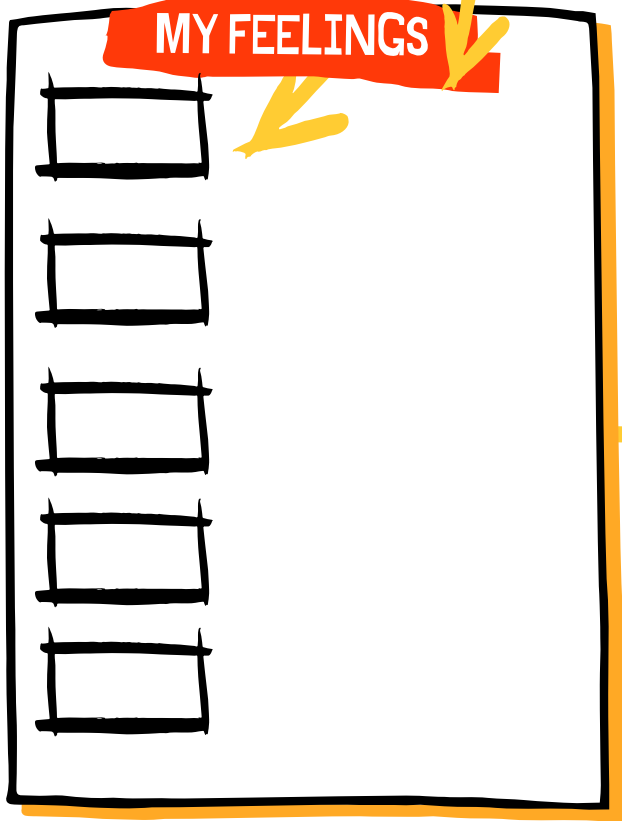
One way to take care of yourself is to do a daily or weekly check in. Yes! A check in with yourself or what we like to call a **U Check**.

CHECK

Step 1: Make a list of how you've been feeling

Step 2: Assign each feeling a color

Step 3: Color the body to match how you feel inside



FEELINGS

ROOT

ACTION

Step 5: Spend some thinking about what is causing your feelings aka the root, then make an action plan to help acknowledge that feeling