

Directives for Healing and Self-Care in 2021

Make A Tray About...

1. All of the things you have to do during a day/week. Now remove one. Discuss feelings and thoughts that surround this removal.
2. Your feelings about the new variant. Express at least 3 feelings in the tray.
3. What I (the therapist) would see if I could take a recorder into your head. What scenes/feelings/thoughts are there. Create this in the tray.
4. What it means to have positive mental health for you.
5. Your support system. How they show up for you and show one way that this could happen more often.

