



Salvesen Mindroom Centre
support • inform • empower

My Wellbeing Wheel



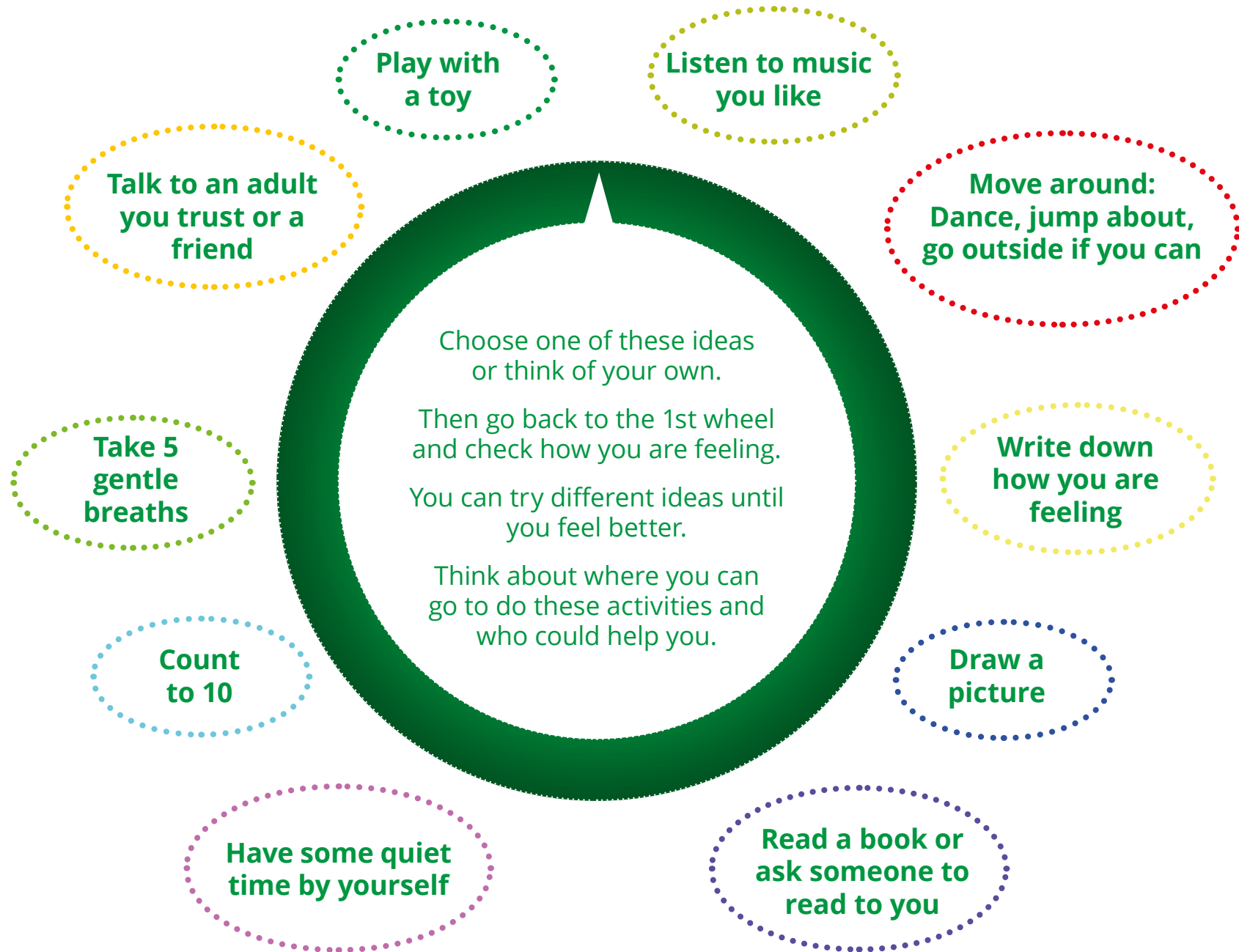
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How do you feel?

Stop and check in with how you feel during your day. You could ask a trusted adult to help you remember to check in with how you feel.



What could you do to feel better?





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