



MY PERSONAL RECOVERY TOOLS

Think about some tools and strategies you can use to help you feel better.

✓ Energy Conservation

Things I can do to save energy

✓ Sleeping Well

Things I can do to get more restful sleep

✓ **Stress Management**

Things I can do to reduce stress

✓ **Thinking Skills**

Things I can do to cope with cognitive difficulties

✓ **Returning Back to Activities**

Things I can do to get back to work or school
