

# EMOTIONAL STORM CHECKLIST

Treating Mental Cuts and Scrapes	Comfort Tools			
Light - How to bring light in dark days. What gives us energy?	Light and Energy Sources			
Shelter From the Storm.	What Protection Do You Need?			
Get Fired Up	What do you need to get the job done?			
Tools We Need	What do you need to pack in your tool box?			
Helping Others	How Can You Help Others?			

# EMOTIONAL STORM CHECKLIST - EXAMPLES

Your paragraph text

## Treating Mental Cuts and Scrapes

### Comfort Tools

- ☒ Watching the Proposal
- ☒ Taking a Bath
- ☒ Doing Grounding Yoga

## Light - How to bring light in dark days. What gives us energy?

### Light and Energy Sources

- ☒ Lighting ALL the candles
- ☒ Watching Abby Wombach's Wolf Speech
- ☐

## Shelter From the Storm.

### What Protection Do You Need?

- ☒ Getting off Social Media
- ☒ Going to bed early
- ☐

## Get Fired Up

### What do you need to get the job done?

- ☒ What is my why? Why do I care so much?
- ☒ Write a letter from my future self about moving forward
- ☐

## Tools We Need

### What do you need to pack in your tool box?

- ☒ List of books re: revolution
- ☒ Find one way to help someone else this week
- ☐

## Helping Others

### How Can You Help Others?

- ☒ Can I help financially? or with my time?
- ☒ What feels easiest for the first step?
- ☐