

# DIAL UP, DIAL DOWN

Tick the activity that you tried and write 'H' if it helped you to manage the feelings you experienced

## DIAL UP MY ENERGY

<input type="checkbox"/> <input type="checkbox"/> H  TAKE A COLD SHOWER	<input type="checkbox"/> <input type="checkbox"/> H  DANCE	<input type="checkbox"/> <input type="checkbox"/> H  SING	<input type="checkbox"/> <input type="checkbox"/> H  RUN
<input type="checkbox"/> <input type="checkbox"/> H  TRAMPOLINE	<input type="checkbox"/> <input type="checkbox"/> H  JUMP	<input type="checkbox"/> <input type="checkbox"/> H  SKIP	<input type="checkbox"/> <input type="checkbox"/> H  BIKE RIDE
<input type="checkbox"/> <input type="checkbox"/> H  SCOOTER	<input type="checkbox"/> <input type="checkbox"/> H  LISTEN TO LOUD/ FAST MUSIC	<input type="checkbox"/> <input type="checkbox"/> H  HULA HOOPING	

## DIAL DOWN MY ENERGY

<input type="checkbox"/> <input type="checkbox"/> H  COOK OR BAKE	<input type="checkbox"/> <input type="checkbox"/> H  READ	<input type="checkbox"/> <input type="checkbox"/> H  ARTS & CRAFTS	<input type="checkbox"/> <input type="checkbox"/> H  MINDFULNESS OR MEDITATION
<input type="checkbox"/> <input type="checkbox"/> H  WATCH A FILM/TV	<input type="checkbox"/> <input type="checkbox"/> H  LISTEN TO CALM MUSIC	<input type="checkbox"/> <input type="checkbox"/> H  WALK	<input type="checkbox"/> <input type="checkbox"/> H  GARDENING