

# Mental Health Pain Hack

♥ DATE

♥ I AM THANKFUL FOR...

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....

♥ STEPS I'LL TAKE TO CARE FOR MYSELF TODAY... (I.E. COUNSELING, EXERCISE, SLEEP, MEALS)

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♥ A JOURNAL OF MY THOUGHTS AND PRAYERS

*YOU HAVE TURNED MY MOURNING INTO JOYFUL DANCING.  
PSALM 30:11*

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