

# Recognizing the Challenges in my Life

My Triggers...

Things that Overwhelm me...

Things that Drain my Energy...

*For example: negative attitudes, housekeeping, unhealthy eating, disorganization, social media, overthinking*

**RWJBarnabas**  
HEALTH

Children's  
Specialized  
Hospital



Provided through a supportive partnership with

**KOHL'S**  
Careso

© 2018 Children's Specialized Hospital