



Salvesen Mindroom Centre
support • inform • empower

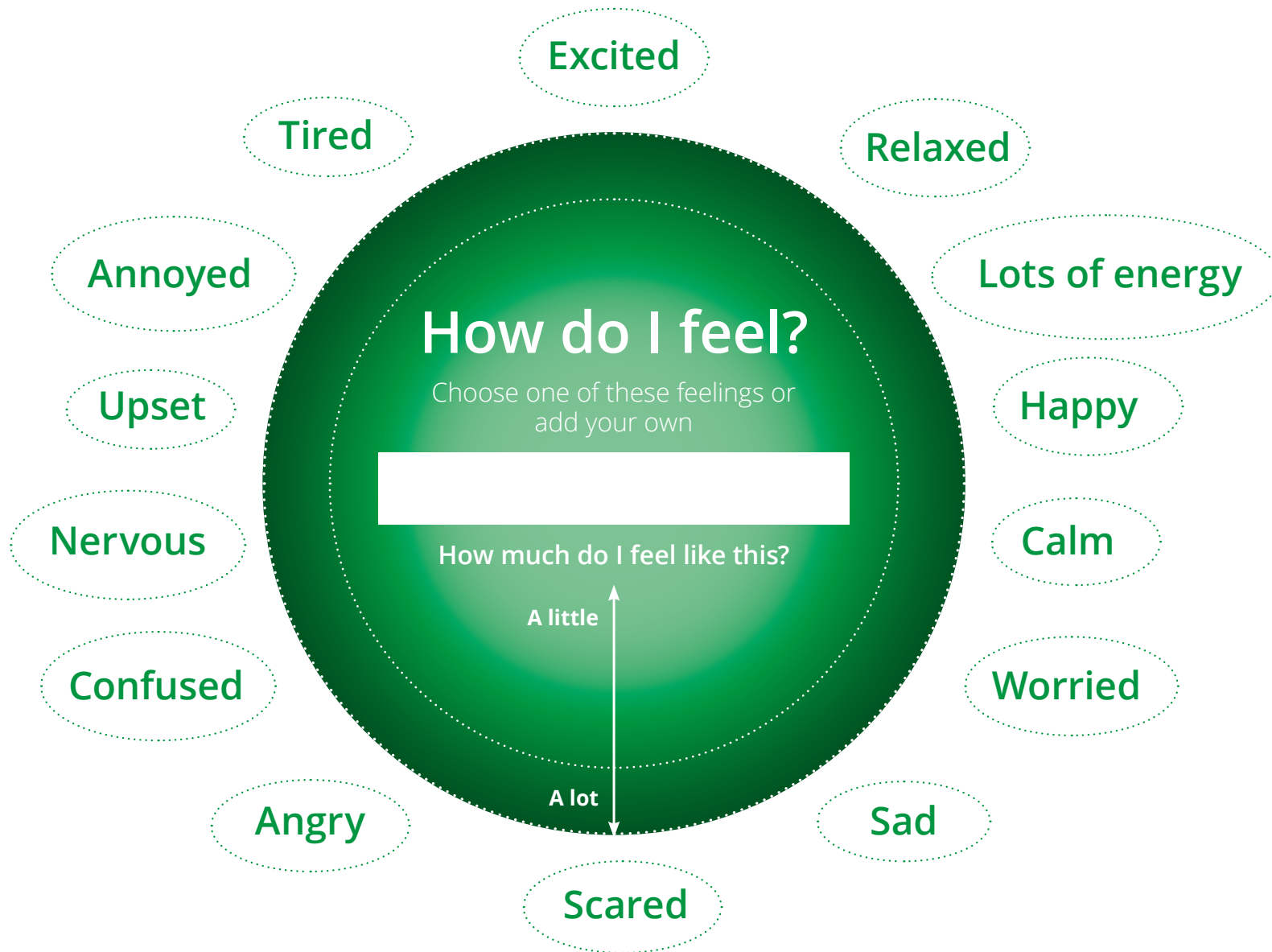
My Wellbeing Wheel



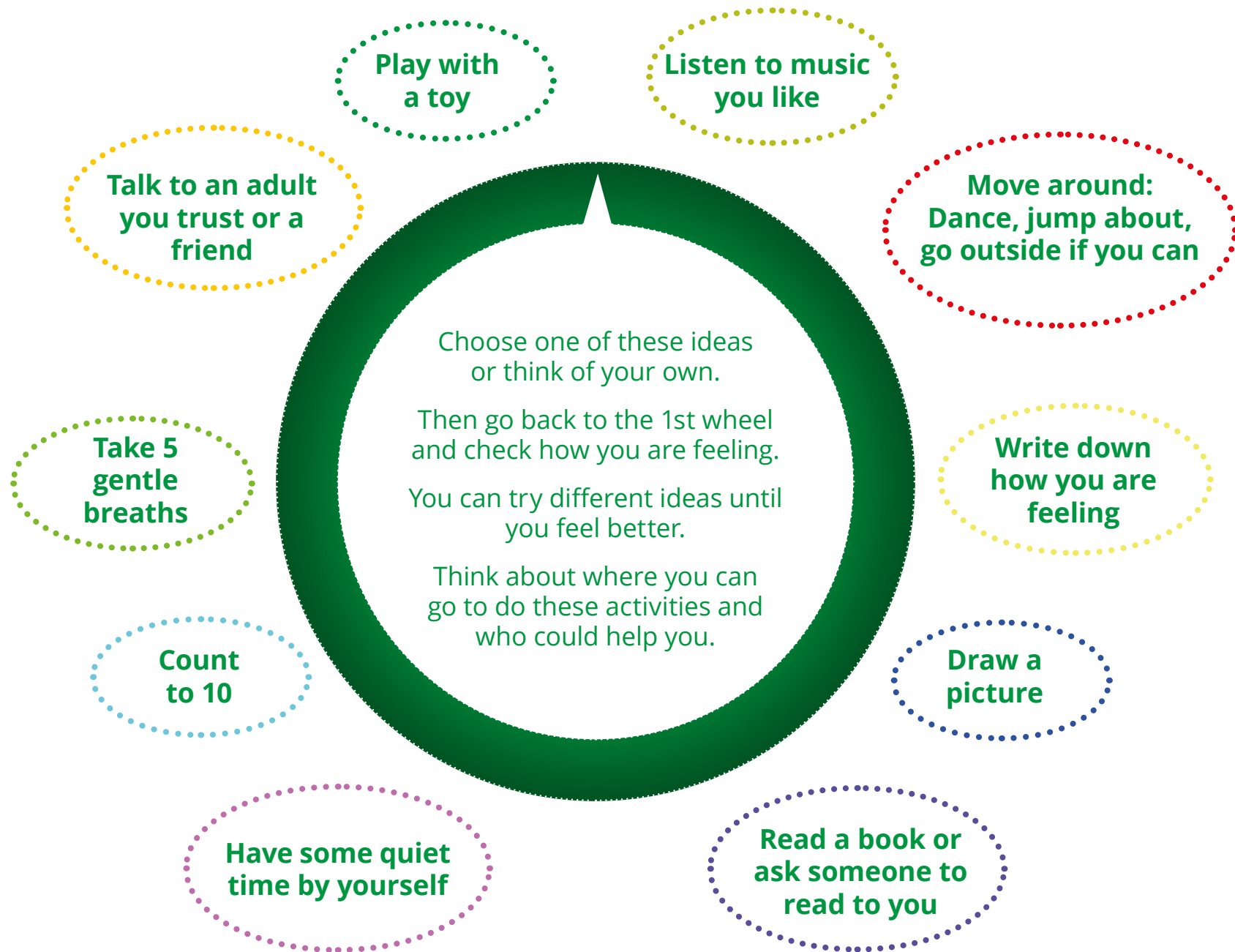
My Wellbeing Wheel

How do you feel?

Stop and check in with how you feel during your day. You could ask a trusted adult to help you remember to check in with how you feel.



What could you do to feel better?





A registered Scottish charity SC030472

A company limited by guarantee and registered in Scotland SC209656