



## Showing Up For Me and You patch

Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

# Show Up For Yourself & Every Emotion

You can get through anything if you have a plan in place. It helps to think about emotions and how to handle them before you experience them. That way, you'll know what to do when they strike! Select an emotion from the Feelings Wheel, then create a visual guide of ways to nurture yourself whenever that emotion comes up.





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# Create a Self-Care Plan That Works for You

Knowing how to handle each feeling whenever it comes up gives you the confidence you need to get through anything. On the page below, jot down some activities you love and what it is about them that brings you joy. Add some words of affirmation and people you can talk to when you need a little self-care. Remember, you got this!

## Activities

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## What brings you joy?

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## Words of affirmation

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## People to talk to

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