

# mental NEED

## **Affirmation**

---

---

---

## **Project Task**

## **Boundaries**

- Saying no when you'd rather not do something
- Not volunteering for extra work
- Communicating needs directly to others

## **Cognitive Abilities**

- Learning something new
- Playing brain games to improve concentration
- Reading



therapy

## **Take a Break**

---

---

---

---

---

---