# Health Script

Date: _____

Name: _____

For when you are feeling stressed and overwhelmed.

Prescribed by Kerrie Dick, Acupuncturist (AHPRA, ANTA).

- [ ] Nature walk: identify at least three types of fauna.
- [ ] Movement.
- [ ] Rest.
- [ ] Hydrate.
- [ ] Partake in art and/or craft.
- [ ] Eat nourishing food.

Complete tasks daily.