



Reaching out is not a weakness. We're wired for connection. Ask for help when you need it. We survive and thrive in relationships.

No matter what life has in store, you are Enough. Sprinkle positivity and hope in your self-talk. "I deserve to be happy". "I have people who look out for me". "I am proud of how I haven't given up". "This will be tough, but what's the worst that could happen?". "I can't do this...yet".

Spend more time in the here-and now. Anchor yourself in the present moment through slower and deeper breathing, tensing and relaxing different muscles and paying attention to the sights, sounds and other sensations around you.

It's Ok not to be ok. All of your feelings are a normal reaction to an abnormal situation. Beware of comparing yourself to others.

Looking after yourself is not selfish. Building exercise and relaxation into your regular routine can provide comforting predictability and much-needed respite. If being kind to yourself seems like the last thing you can fit in right now, then it's probably a priority.

Ups and downs are to be expected. Setbacks and bad days can seem more difficult during stressful times. Only some things are in our control, but they're the most important things. Choose to get enough sleep, to have a healthy diet and to connect with kind individuals.

There is always reason to be Thankful. When we can find the good in even our darkest hours, we can maintain a more balanced perspective. What are you grateful for today? What turned out better than expected? Who or what made you smile and laugh?

Work towards the Ideal you in small steps. Make a plan. What do you need to stop doing or start doing? What can you do differently?

Openness helps us to be authentic with others and about ourselves. Be curious about the words and actions of others. Be mindful of what they might be going through. Resist the urge to say "I'm doing well" when you're not. Have the courage to say "No" or "Not right now".

Being Nice feels nice. Give a compliment. Write a thank you card. Spread positive feedback. Remind someone of how they helped you.