

I AM MORE RESILIENT THAN I THINK I AM I’M OK

INVITE My BIG FEELINGS IN FOR A CUP OF TEA, AND DON'T ASK THEM TO LEAVE IF

THEy ARE UNAPPETIZING

ITS OK TO BE VULNERABLE AND STRUGGLE AT TIMES SOMETIMES THINGS AREN’T HOW THEy SEEM

I'M NOT ALONE

IT IS

I ALREADy HAVE THE CONFIDENCE I NEED TO HELP MySELF NOTHING IS PERFECT NOR SHOULD BE

WE LEARN WHEN WE FALL

BAD THINGS HAPPEN BUT THEy ARE THE EXCEPTION

SAFE TO SHARE FEELINGS/THOUGHTS/WITHOUT FEAR OF JUDGEMENT JUDGING yOURSELF IS NOT CONDUCIVE TO HEALING yOURSELF

ITS OK TO HAVE UPS AND DOWNS DON’T RUSH TO JUDGEMENT CALM THE BODy THEN THE MIND

BE KIND TO yOURSELF-PRACTICE MINDFUL SELF-COMPASSION PRACTICE GRATITUDE/HAVE OPTIMISM

LAUGH

RESPECT THE PROCESS yOU ARE GOING THROUGH NOTICE BUT DON'T STARE

LISTEN TO yOURSELF AND HEAR WHAT yOU ARE SAyING/EXPERIENCING