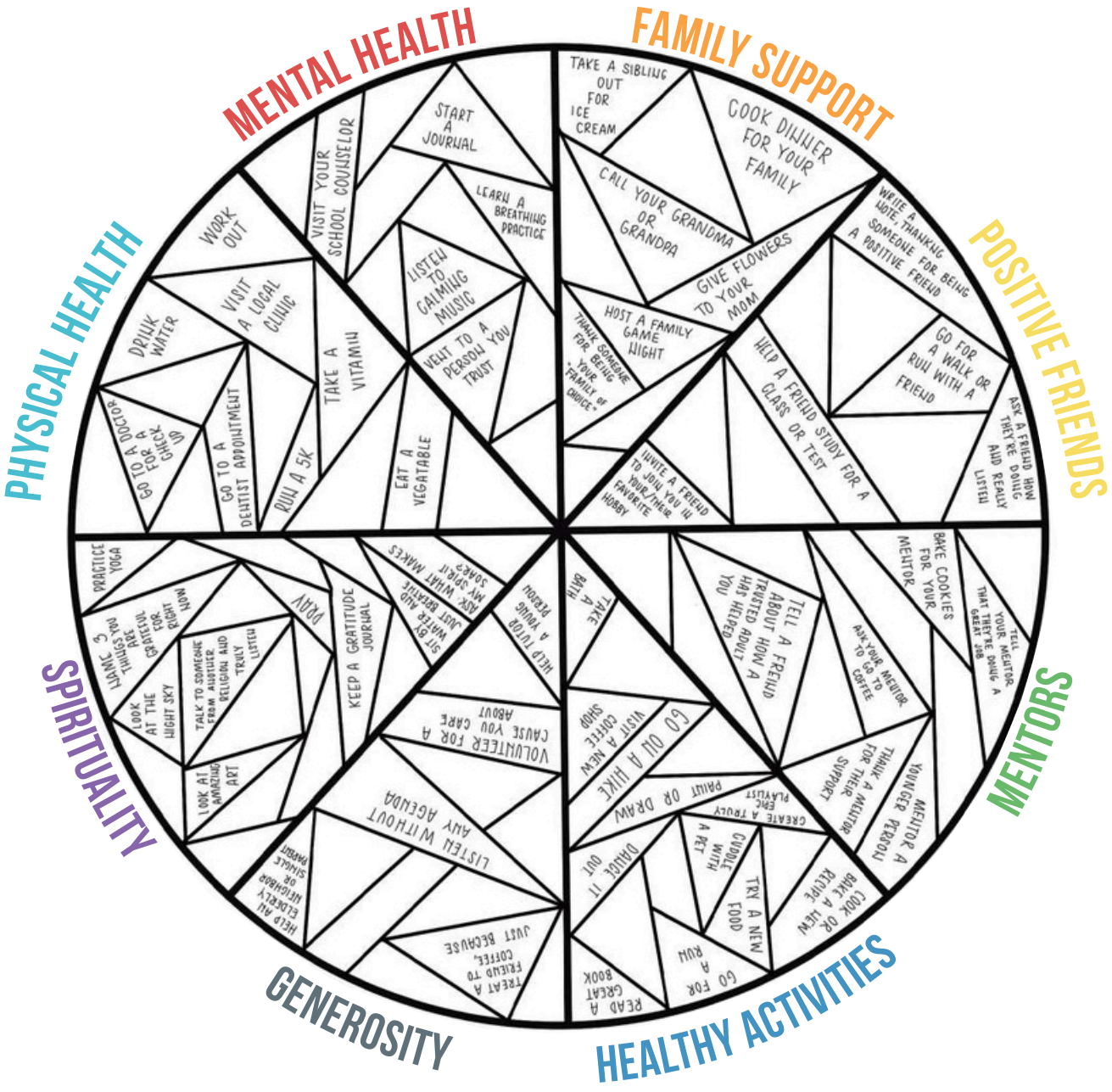
STRENGTH OF STRENGTH



SOURCES OF STRENGTH

DEFINITION OF STRENGTHS

SOURCES OF STRENGTH

FAMILY SUPPORT	Whether related to us by blood, or by choice, these are the people who support, nurture, and care for us.
POSITIVE FRIENDS	Positive Friends lift us up, make us laugh, are honest with us and are there for us when we need them.
MENTORS	A Mentor is an experienced person who shares their insight to help guide us and help us draw on our own Strengths to be the best version of ourselves.
HEALTHY ACTIVITIES	When we feel stressed, Healthy Activities- whether they are social, physical, or emotional -help us unwind, lift our mood, and gain clarity.
GENEROSITY	Generosity can look a lot of different ways, from donating money or time, to being intentionally kind to other people. These acts of kindness towards others, big or small, can make an impact on how we feel about ourselves.
SPIRITUALITY	Spirituality is practiced in many ways, but at its core we consider what gives us a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice Spirituality together no matter what our cultural heritage and/or spiritual tradition.
PHYSICAL HEALTH	When we are injured, we don't have to stay in pain. We can get better with access to the medical care we need and deserve. Physical and social/emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds.
MENTAL HEALTH	Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our Mental Health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, counselor, or doctor can help empower us to overcome internal struggles we might be facing.