

LOOK AT THE BIGGER PICTURE

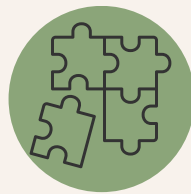
Difficult moments don't define who you are. Feelings change, situations change, and hard moments pass.



TRY THIS



Focus on one small step at a time.



Break big problems into smaller pieces.



Think about something you're looking forward to.



Ask: "will this matter a year from now?"



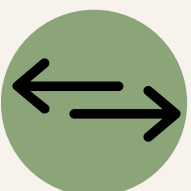
Focus on what you can control right now.



Celebrate small wins and progress.



Remind yourself: "This feeling will not last forever."



Remember: this is a chapter, not your whole story.

REMEMBER

Hard days are part of life....
...they are not your whole story