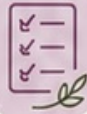


9 THINGS TO TRY

on a hard day 



-  **MOVE YOUR BODY**
Even a few minutes of movement can shift your mood and clear your head.
-  **NAME WHAT YOU'RE FEELING**
Give your emotions space. Naming them helps you process and move through them.
-  **FIND ONE THING TO BE GRATEFUL FOR**
It can be small. Gratitude shifts your focus and brings a little light to your day.
-  **DO SOMETHING KIND**
A small act of kindness can lift your mood and remind you that you can still make a difference.
-  **REACH OUT TO ONE PERSON**
Connection matters. You don't have to go through it all alone.
-  **GET OUTSIDE**
Fresh air and natural light can boost your mood, reduce stress and help you reset.
-  **GUARD WHAT YOU FEED YOUR MIND**
Be mindful of what you watch, read, listen to and say to yourself.
-  **DO ONE SMALL THING YOU CAN CONTROL**
Small actions build momentum and remind your brain you are not helpless.
-  **TALK TO YOURSELF LIKE SOMEONE YOU LOVE**
Be your own safe place. Speak to yourself with kindness, just like you would a friend.

You've got this. 

SAVE THIS FOR YOUR NEXT HARD DAY 