



As I
forgive myself,
it becomes easier
to forgive
others.

The Power of FORGIVENESS and RESILIENCE

Life was *already* a slippery slope of challenges. Adjust your standards by continuing to strive to meet your goals, but forgive yourself and others when things are done imperfectly. When we are tested and rise to the challenge to forgive, it strengthens us. That strengthening helps us bounce back in the wake of disasters and traumas. Forgiveness can help us become more resilient and are less vulnerable to depression, anxiety and frustration and bounce back when challenges occur in the future.

FORGIVE YOURSELF

Be more compassionate and less judgmental with the complexities of maintaining your typical standards for success. If you typically have tendencies towards perfectionism , your standards of success may be

exceedingly high. Ban the phrase “**I should**” from your conversations and accept that just *maybe*, “Good” is “**Good Enough.**”

FORGIVE OTHERS

If you tend to be judgemental and inflexible with yourself, you will tend to be like this with others. Forgiving yourself will allow understanding and tolerance towards others. Try to find a way to compromise your expectations with others(& yourself) by listening, understanding and negotiating. Ban the phrase “**you should**” from these conversations and instead **ask respectfully** about your desires.

TRUST IN YOURSELF & OTHERS

Know that you will have the courage and capacity to get through this quarantine & the continued restrictions by learning how to respond with compassion and empathy. *You have* the ability to control how you respond through acts of kindness and acceptance which will enable you, and those around you, to become more resilient in the midst of these challenging and uncertain times.

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