

Good Well-Being

By: Staci-Anne Nogami



Thoughts Become Things

Repeat Daily Affirmations Daily. Do This First Thing Every Morning.

Focus on your strengths

Look At All The Things You Can Do Well, And Focus On Them. Keep Building On What You Can Do.



Journal

Write Down Your Thoughts And Feelings Daily To Help You Manage And Acknowledge Big Feelings.



Take time for yourself

Take Time Everyday To Do Something For Yourself. Even Just 10 Minutes Can Make A Difference.



Meditate

Take 5 minutes to sit quietly and breath deeply. Repeat Until You Feel Calm. Do This As Often As Needed.



Get enough sleep

Disconnect and Get Some Sleep. Feeling Rested Will Help You Think Better



Nature

Getting Out In Nature Can Help You Reset Your Thinking, Elevate Your Mood, and Relieve Your Stress.

