

How to talk with your kids and

BUILD RESILIENCY

ONE DAY AT A TIME

SUN

Start the week with a focus on **character** - what are your values? Who are you becoming? Why are your goals important to you? How do you affect other people?

MON

Embrace the things you can **control**. What plans or goals do you have this week? What decisions will you make? How will you celebrate your success?

TUE

What is a strength or **competence** you have? How can you use that this week? Have you struggled with something? What can you learn from it? What's something new you can try?

WED

How's the week going? How are you feeling emotionally? Do you know that I love you? Who do you feel close to? What activities can you do that **connect** you with others?

THU

What have you done well this week? How have you surprised yourself? Do you know that I'm **confident** you can reach your goals? Let's celebrate the small wins.

FRI

How did you help someone this week? Who is someone that you can help today? How will you **contribute** to making the world better next week?

SAT

Life can be stressful, which makes **coping** important. How will you recharge today? How will you take care of your body & mind? Is there anything that feels overwhelming?

Learn more @ TalkNowAZ.com



Substance Abuse
Coalition Leaders
of Arizona

This publication was made possible by grant number H79TI085739 from SAMHSA. The views, opinions and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.