

GRATITUDE

Think of just one person, place or thing - or experience that you are grateful for

What is the significant of the person, place or experience you chose?

Consider this person like a a gift - what would your life be like without it?

Consider that the beauty of an object so small and simple can give you joy

Reread what you wrote down several times today to remind you that a you still have something to hope for.

CALMING THOUGHTS

Affirmations are incredibly effective — Use a mirror -

You can repeat after me

Instead of saying I'm - you can say I want to believe I am lived I want to believe I am loved

I am accepted - I want to believe I am accepted

I am capable - I want to believe I a capable

I am beautiful - I ant to believe I am beautiful

I am strong

I am blessed

I am valuable - I want to believe I am valuable

Above all else I belongqhere. I can do something no one else can do.