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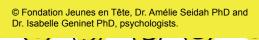
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## Recognize that you're going through a difficult time

#### Tell yourself:

"Ouch! This hurts!"

"I'm going through a difficult time."

"I feel: angry, discouraged, anxious, stressed, overwhelmed, panicked", etc.



Naming your emotions allows you to better understand them.



# Realize that other people can experience the same thing as you

### Tell yourself:

"I'm not the only person who feels this way."

"Other people experience the same emotions as I do. It's alright."

"We all go through difficult times."



## Be kind to yourself

With your hands on your heart, tell yourself:

"What do I need to hear... at this moment?"

"What would be good for me... right now?"

"And am I able to do it?"





























































