

6
ways to
find your
CALM

3.
Externalize
Your Thoughts

2.
Use Hand
Breathing

3.
Label Your
Worry

4.
Talk, Write,
Sing it out

5.
Use
Distraction
Techniques

6.
Change
Your
Environment

DIFFERENT TYPES OF *boundaries*



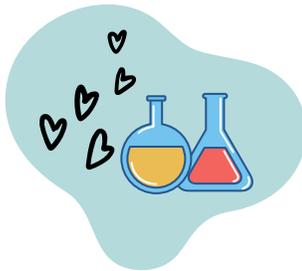
Physical Boundaries

Boundaries you set with your body, your touch, what you eat or drink, your space, your rest, and your activity.



Emotional Boundaries

Boundaries with your comfort in sharing your emotions with others and your capacity to support others with their emotional states.



Sexual Boundaries

Boundaries with intimacy and sexual activity; such as consent, rules for safety, which activities you engage in, and establishing clear communication around comfort levels.



Financial Boundaries

Boundaries with your financial and material possessions, including what you choose to spend on yourself and others.

DAILY REMINDERS

read this when you need a pick-me-up

I am *safe*

I am *loved*

I am *supported*

I am *kind*

My *worries* will pass

I am *unstoppable*

My *feelings* are not *facts*

I don't have to believe *everything* I think

I will be *okay*

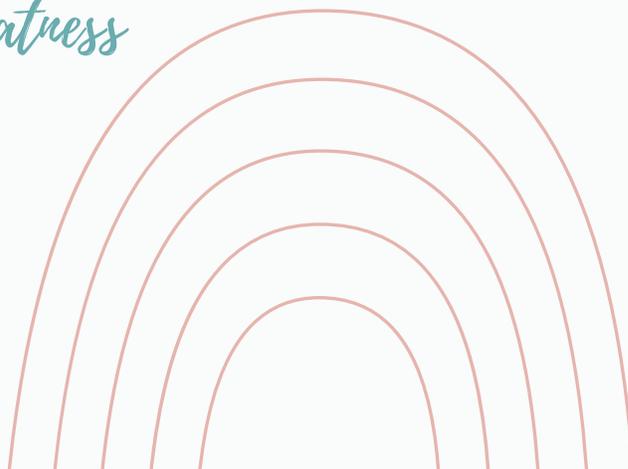
I am *growing* everyday

I am *worthy*

I am not my *thoughts*

I am capable of *greatness*

I am good *enough*



TIPS FOR *self-esteem*

Do something
creative and
fun

Practice
affirmations

Read
something
inspirational

Set small
realistic goals
- they will
add up to a
leap

Accept
compliments -
always

Offer
compliments,
often

Help a
stranger/do a
good deed

Set an
achievable
challenge

View setbacks
as learnings,
not failures

Celebrate the
small victories

REMEMBER:
Progress over
Perfection

Find your
purpose
for doing
things

CIRCLE OF *comfort*



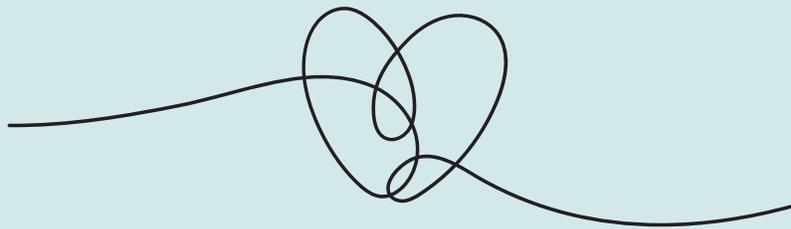
LIFE STARTS WHEN WE
STEP OUT OF OUR
circle

Trust the Process

Sometimes what works today,
might not work tomorrow.

That doesn't mean you've failed.

It means that your needs have changed.
Keep going. Keep trying. Keep pushing.



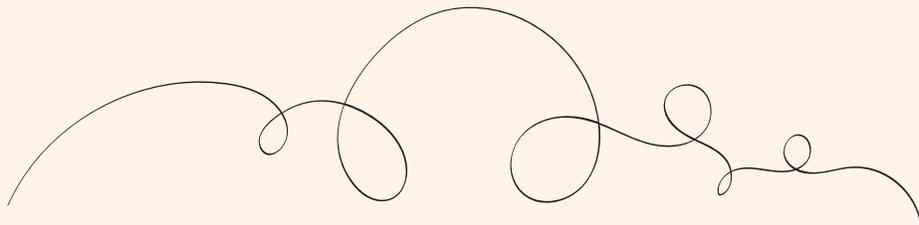
have faith.

instead of being your biggest critic,
try being your biggest believer.
Imagine what an amazing path you
will pave for yourself.



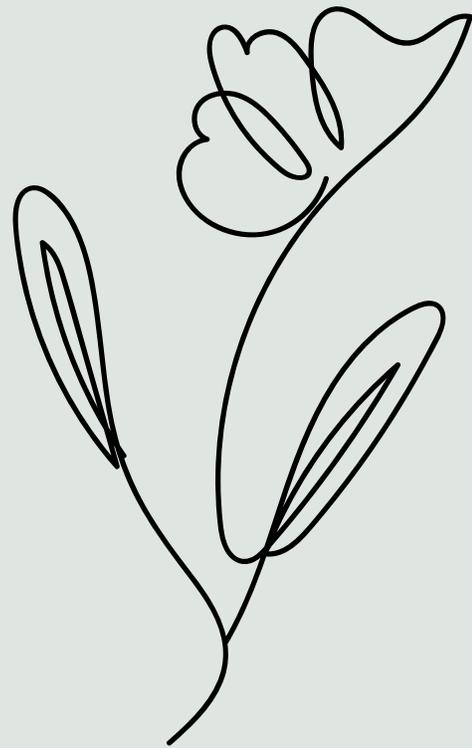
It's not about getting through the dark times.
It's about living your life despite them.

there's a light waiting for you.



Be proud of being a beginner.

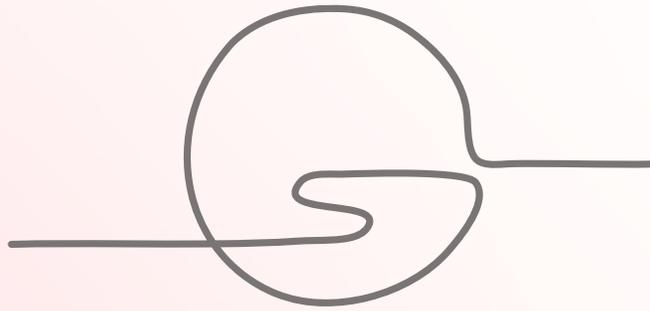
Nobody starts an expert.



Be mindful of what evidence shows you

*no matter what your
emotions may feel like*





It's time to fall in love

with all that you are.

Take Care Of Your Mind



Take some
down time



Journal your
thoughts



Try out a recipe
you've bookmarked



Do something from
your bucket list



Listen to a new
music genre



declutter your space

Steps to Healing



YOU ARE DOING YOUR BEST. KEEP GOING.

Dr. Marilisa Mored

Work on YOU



Commit to a night
and wake-up time



Create a small
To-Do List



Pick one goal
a day



Set realistic
expectations



Anticipate
hiccups



4 TOOLS **FOR** SELF-KINDNESS

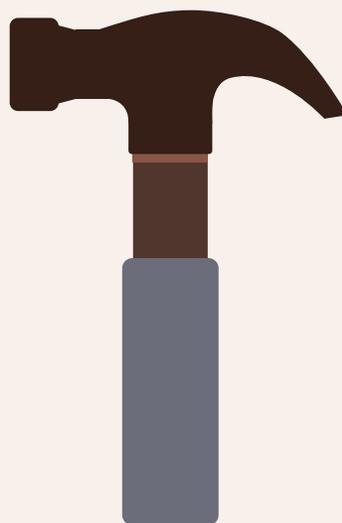
Self-compassion



Self-forgiveness



Self-Acceptance



Self-Awareness





6 WAYS TO IMPROVE YOUR SELF-WORTH

ACCEPT
COMPLIMENTS

1

CELEBRATE YOUR
ACCOMPLISHMENTS

2

READ/LISTEN TO
MESSAGES FROM
LOVED ONES

3

RELABEL
UPSETTING
THOUGHTS
AND FEELINGS

4

PRACTICE
GRATITUDE
AND
ACCEPTANCE

5

OFFER
HELP/SUPPORT
TO OTHERS

6



BURNOUT CHECK-IN

Have my routines
changed?

Am I avoiding
others?

Am I exhausted but
restless and unable
to sleep?

Am I always irritated
or annoyed?

Does everything feel
like a chore lately?

Have my worries
increased recently?



don't forget . . .

You literally are your biggest critic

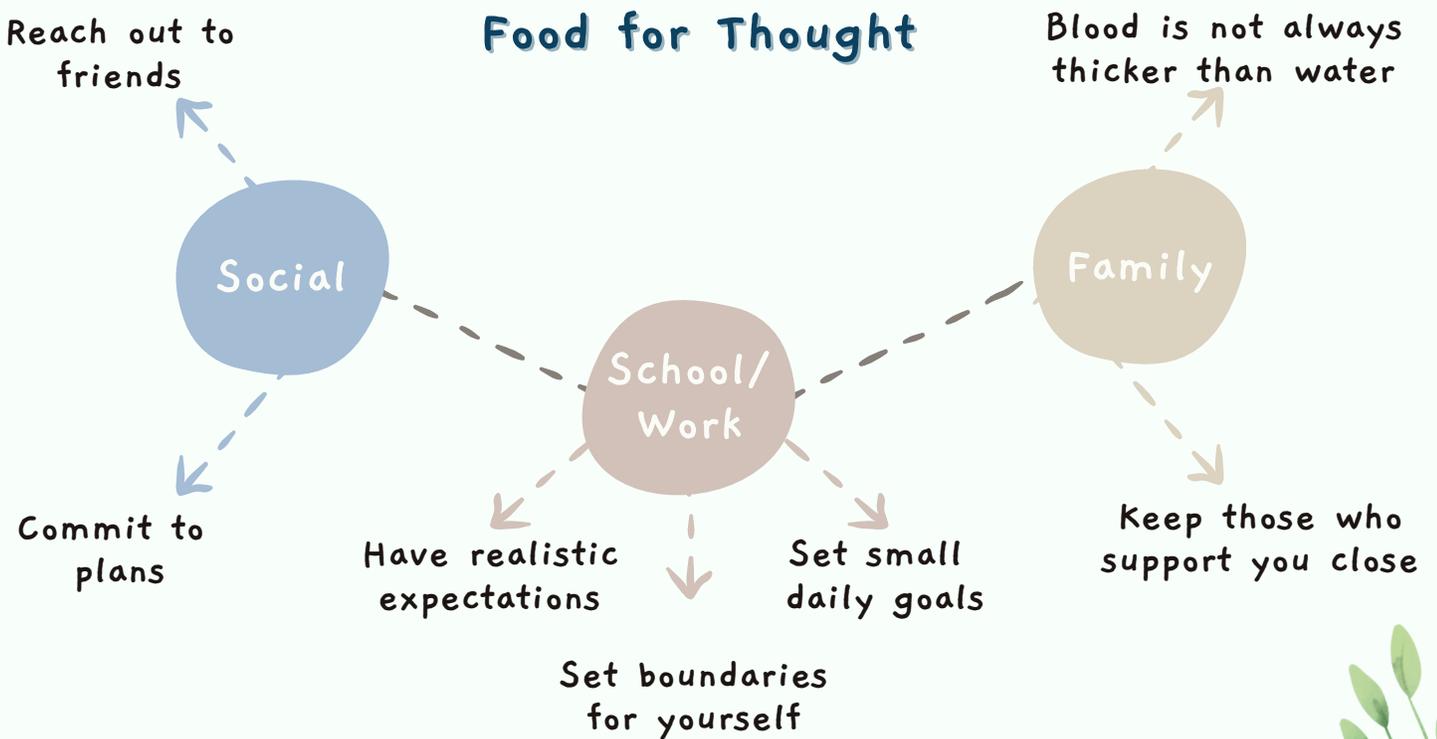
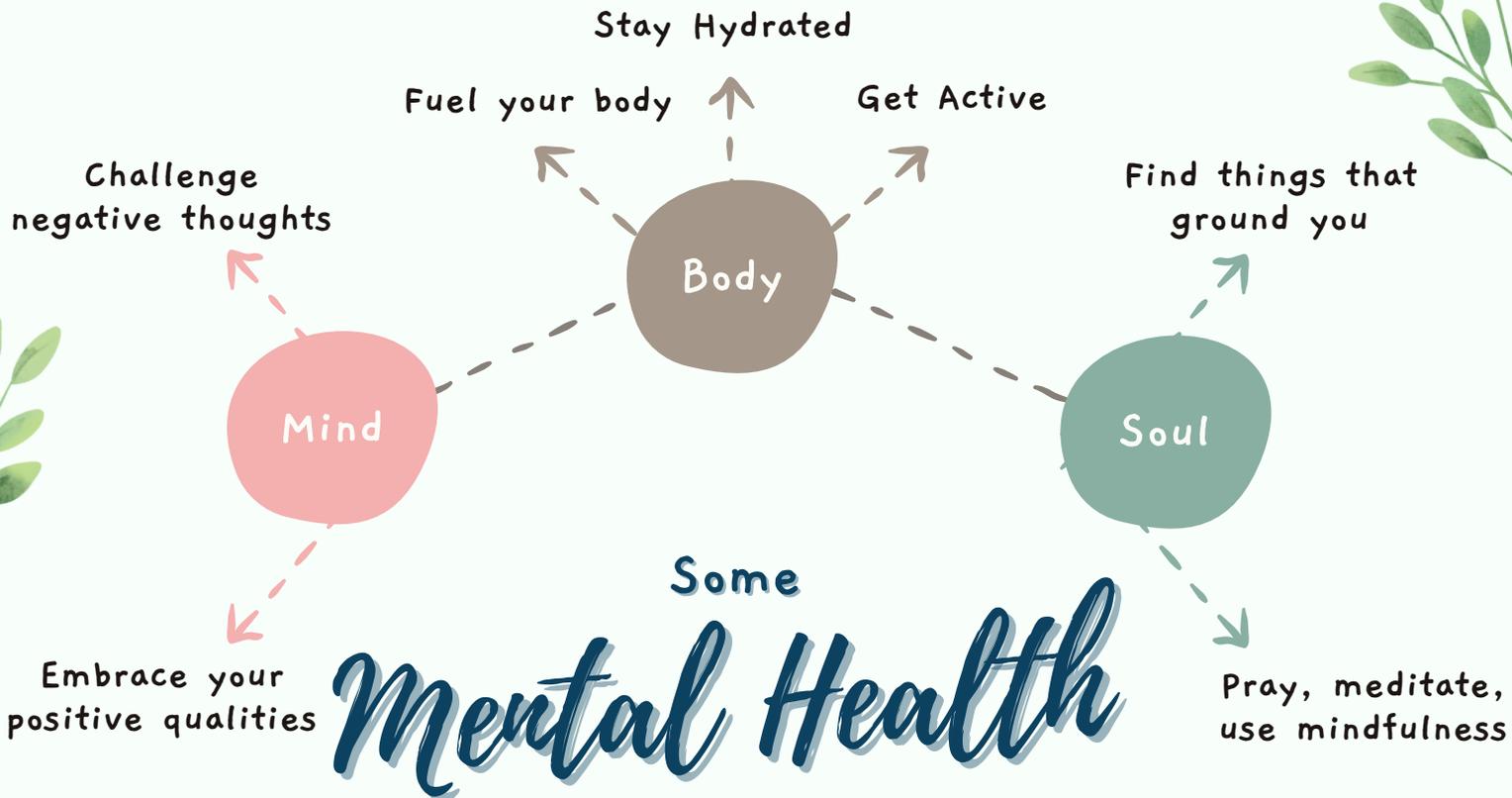
Good enough is actually good enough

All progress has failure

Focus on the facts to get unstuck

Learning IS success

Your worries are your internal bullies



Dr. Marilisa Morea



Focus on your environment

Actively listen

Turn down the noise

put breaks into your day

MINDFULNESS HABITS

Let the feelings flow



Tips to Help you Manage your

Depression

Do your best not to listen to the guilt

Keep a routine as much as possible

Try to stay connected

Get out of and make your bed daily

ASK FOR HELP



Things to remember about Anxiety

- Perfectionism will make you think
- you need permission to take breaks



- Intrusive thoughts will trick you
- into thinking you are unsafe



- Worries will make you second guess
- every decision you make



- If you are indecisive, you will think you
- need reassurance for your decisions



- Your anxiety will convince you it is
- keeping you safe - it's not

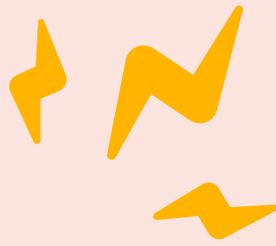


- You will rationalize anxiety-driven decisions
- because it's easier to avoid worries





They may NOT have a trigger



You may FEEL like you are going to die



They can last from minutes to hours

Understanding and Getting Through your Panic Attacks



Even if you do nothing, they will pass, but using coping skills can move them along quicker



You may need to be directive with the support you need



If they are happening frequently, it's okay to seek out help

today's affirmations ✨

I am not my thoughts

I will overcome this

*I have managed this
before*

*I have the strength
to create change*

Refocus your Goals WITH THESE HABITS

1

Commitment

Achieving your goals is a marathon not a sprint. Be patient with your progress and embrace even small wins.

3

Reasonable

Keeping your goals achievable and small enough will help them feel less overwhelming.

2

Setbacks

If you prepare for the setbacks that might come up, they won't derail you when they surface.

4

Triage

If you have a list of goals, triage which ones need to be addressed first.

5

Balance

Taking breaks while working on the goals will help; slow and steady can win the race.

Positive habits today can help you achieve your goals for tomorrow.

HOW TO *DO YOU* WITHOUT THE GUILT



The Benefits of
Mindfulness



1 Increased Potential for Positive Mood

2 Stress
Reduction

3 Better Focus and
Concentration

4
Improved
Relationships

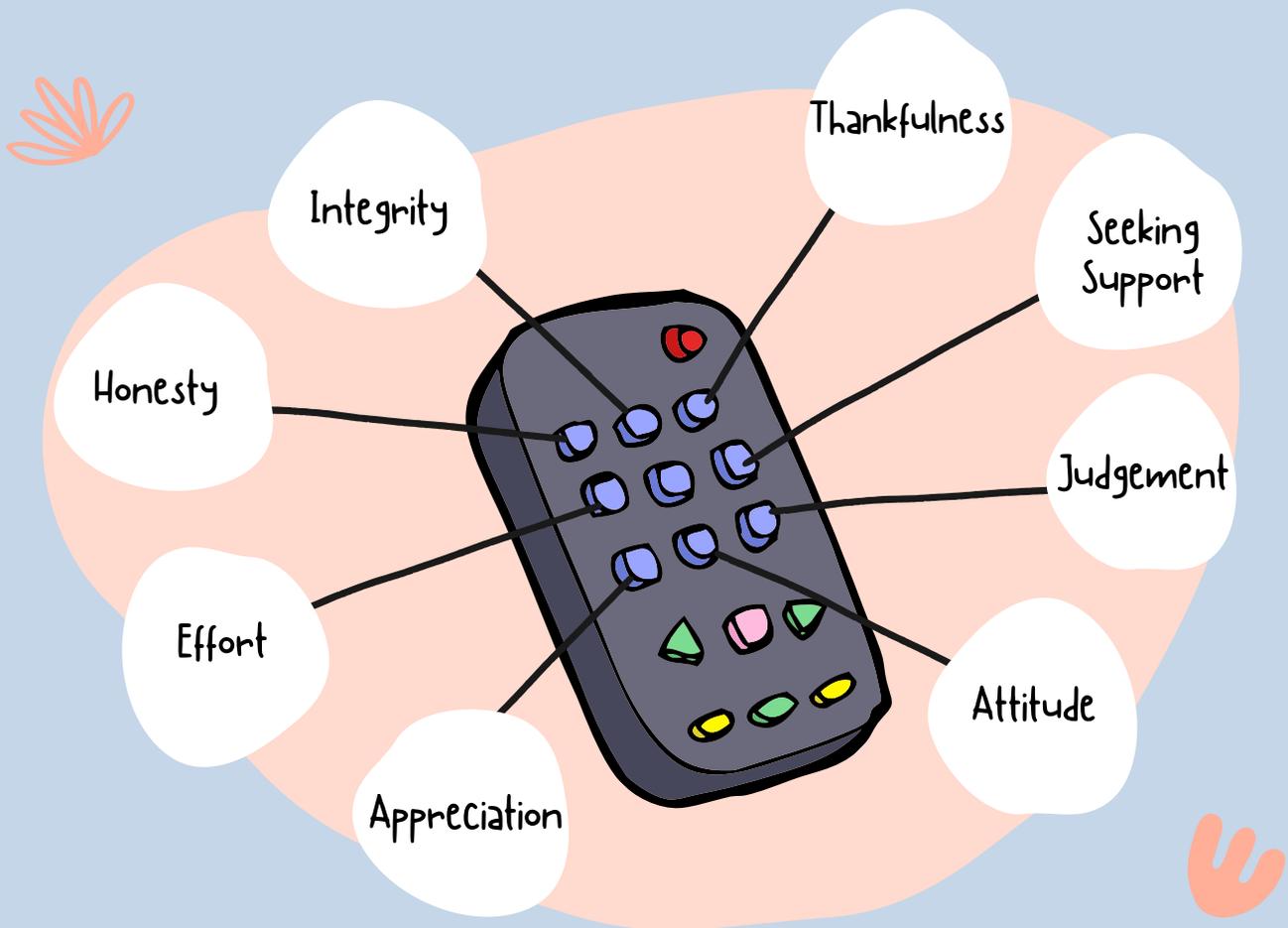
5 Less Reactivity

6 Decreased Rumination



THINGS YOU CAN

CONTROL



REMIN *yourself*



Of your coping skills often



Not all days need to be "good" or productive



Good enough is actually good enough



Your feelings will often lie to you

STOP SAYING *Sorry*

WHEN

It's just to stop
an argument

WHEN

It's disingenuous
and forced

IF

It's to make
someone feel better
but not warranted

IF

It's to deflect
responsibility



NICE THINGS I
CAN TELL
MYSELF

I HAVE COURAGE

I AM VALUABLE

I AM STRONG

MY OPINIONS
MATTER

I AM A GOOD PERSON WITH
A LOT TO OFFER

I
AM
LOVED

I LOVE MYSELF
FOR WHO I AM

I GOT THIS

MY BODY DOES NOT
DETERMINE MY WORTH

I ACCEPT
MYSELF

I FORGIVE MYSELF

I AM PROUD OF ALL
THAT I'VE DONE



TO BUILD

Self Esteem

REMINDE YOURSELF THAT...

You are worthy of the good things that come your way

Self Worth

You are capable of doing many things well no matter how small they feel or seem

Despite some struggles to stop your negative thoughts, you are in control of your actions

Self Efficacy

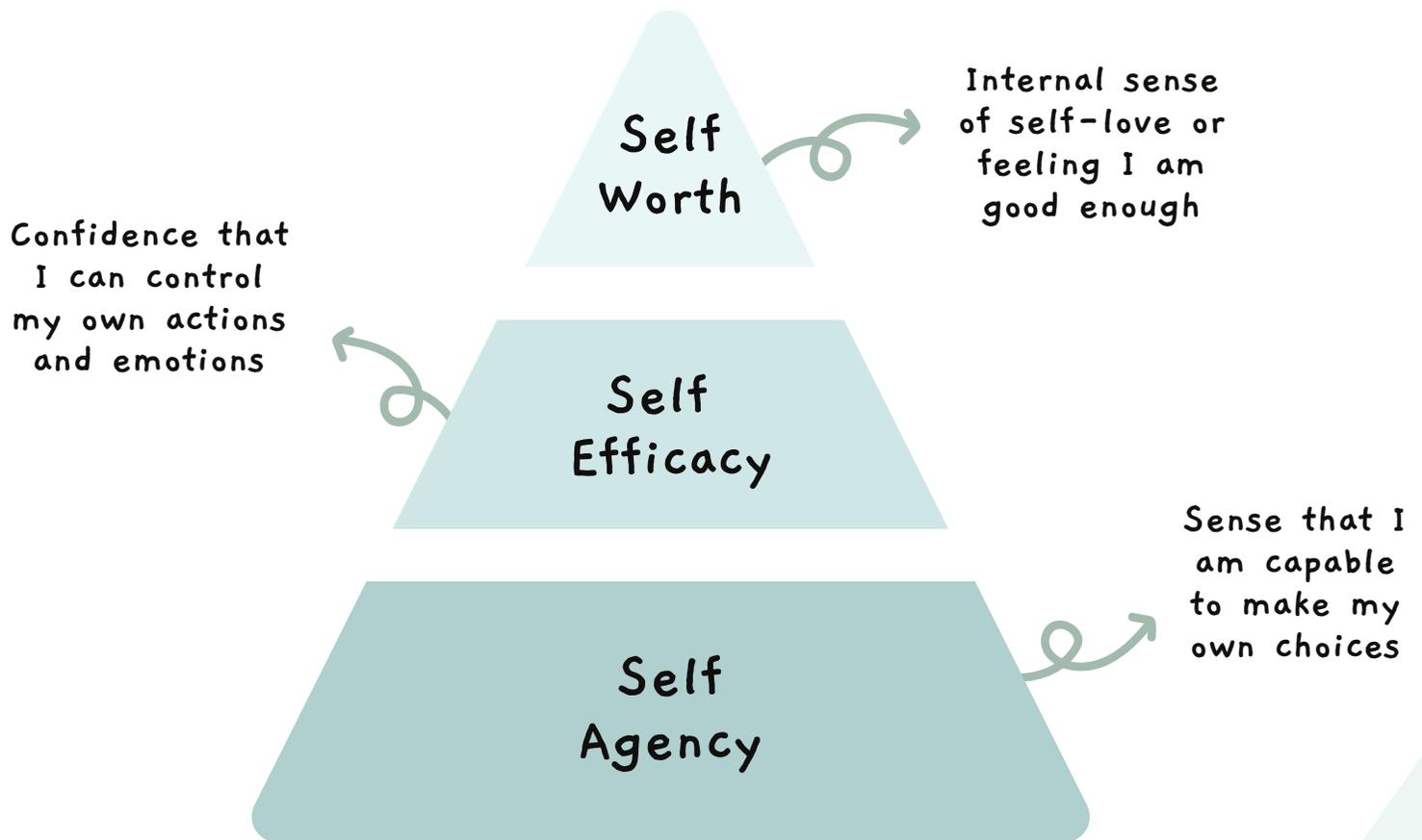
Even strong negative feelings will pass and you have managed many of them before

Even when you feel reluctant or scared, you are capable of making good decisions.

Self Agency

You have made all the good choices in your life. Even if at times you needed some support.

PYRAMID OF *Self Esteem*



Focus on the
learning not the
outcome

Set goals that are
realistic and
achievable

4 WAYS TO
Improve your
outlook

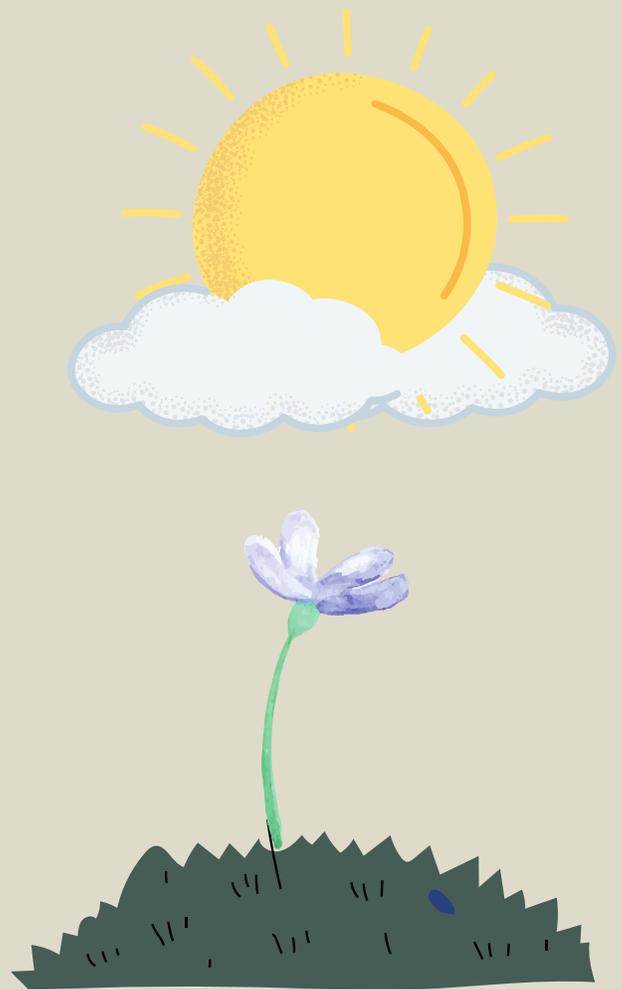
Take moments for
pride and gratitude

Catch automatic
negative thinking
patterns

KEEP GROWING



sometimes the
tears...



...bring about
beautiful change

5 Productive Things TO TRY ON SUNDAY

1.

Do a load
of laundry

3.

Clean Up
one area

2.

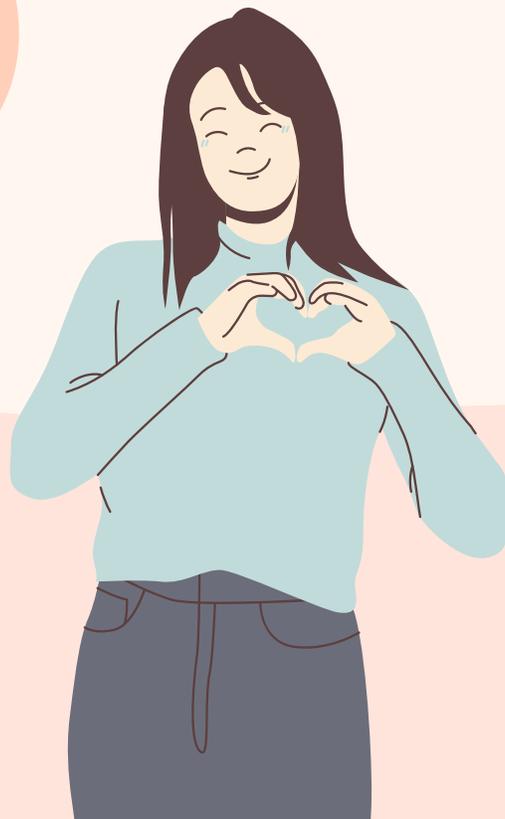
Make time
for one
person

4.

Get Up
by 10am

5.

Prep for
the week



How to make goals feel manageable



Start by making a list of your larger goals



Prioritize that list of goals



Take each goal and make sub or smaller goals



Pick one of the sub-goals to start working on



Only work on one goal at a time until you build confidence





Negative Thoughts to Release

- I am worthless
- I won't amount to anything
- I deserve bad things
- Why should I bother
- Nothing will get better
- No one loves me

INSTEAD OF:



FOCUSING ON THE PARTS OF YOU THAT
YOU WISH YOU COULD CHANGE

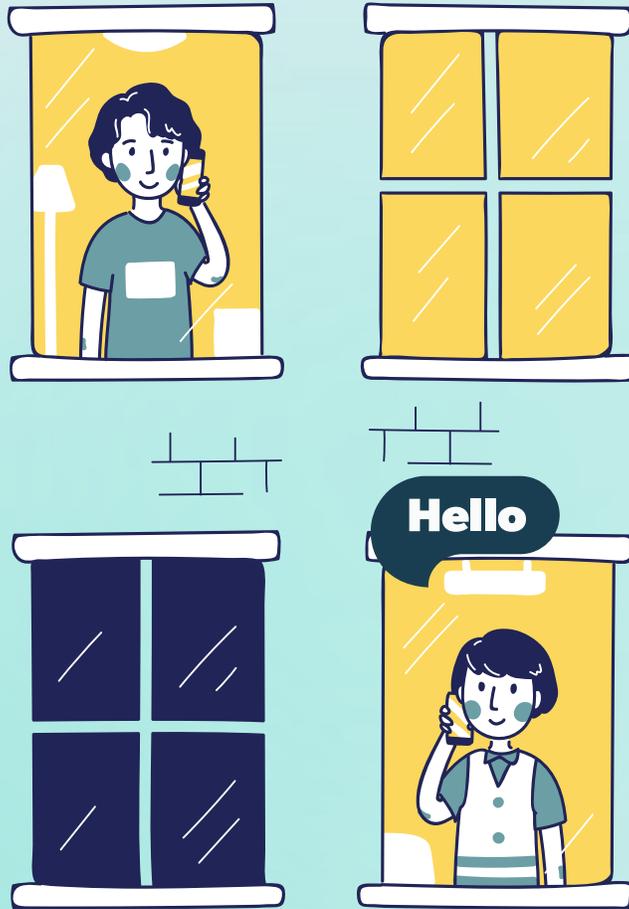
TRY TO:



FOCUS ON WHAT YOU FEEL PROUD OF THAT
YOU HAVE ALREADY ACCOMPLISHED

**Feel to heal.
Write it out.**





**YOU ARE NOT A BURDEN.
MAKE THE CALL.
IT MIGHT TURN YOUR DAY AROUND.**

The Anxiety Cycle



Eat food that fosters
a positive mood

Listen to
your body

Stay Active

Use all your
senses and stay
mindful

SELF-CARE RECIPE

Keep up with
hygiene

Do a daily
gratitude
acknowledgment

Enjoy the
nature around you

Take rest as
needed

ONE WEEK wellness challenge

DAY 1

Make a To-Do List for the day or week

DAY 2

Make plans alone or with someone and stick to them

DAY 3

Take a Social Media vacay

DAY 4

Reach out to someone you miss

DAY 5

Pick up a book that's collected some dust

DAY 6

Clean out an area of your room or house

DAY 7

Put some activity you enjoy into your day

UNCOMMONLY KNOWN ANXIETY FACTS

- Anxiety can cause cold hands and feet
- Anxiety can make you feel numb
- Anxiety can surface as anger or even depression
- Anxiety can cause memory problems
- What you eat or drink can increase your anxiety symptoms

The more you know, the more you grow!

Reasons to Love Yourself



You care to help others, too.



You are imperfectly amazing.



You do your best when you can.



You are loved and appreciated



You are one of a kind, and that's incredible.