

BREATHE

Breathe: Take a deep breath, be present with yourself in the moment

Realistic goals: Set realistic goals for this moment, hour and day and celebrate meeting them

Everyday events: Notice the positive moments in everyday life, recognize when things go right; share these events with others

Acts of kindness: Create positive events for others

Turn negative events around: Practice positive reframing of negative events; find the "silver lining"

Humor helps: Keep your perspective, remember how you sometimes look back on events and laugh

End each day with gratitude: Note positive steps you took and all for which you are thankful