

Not all strategies work for everyone all the time. Be broad based.

What works now might not have worked when I was younger or be what works 10 years from now. Don't lock yourself in to one idea; be open to ideas.

Yoga/stretching	Gardening	Hiking	Gym	Breathing	Meditation	Prayer
Painting	Woodworking	Reading	Music	Fly Tying	Ride the Motorcycle	
Volunteer	Watching Movies					

* in progress

Things to Remember or to Remind Yourself

Your mistakes do not define you. Don't let a single event affect how you see yourself.

You are more than other people's opinions. All the things that make YOU could fill a book. None of those things is other people's opinions. Don't give someone else that power.

Prune out the negative; feed the positive.

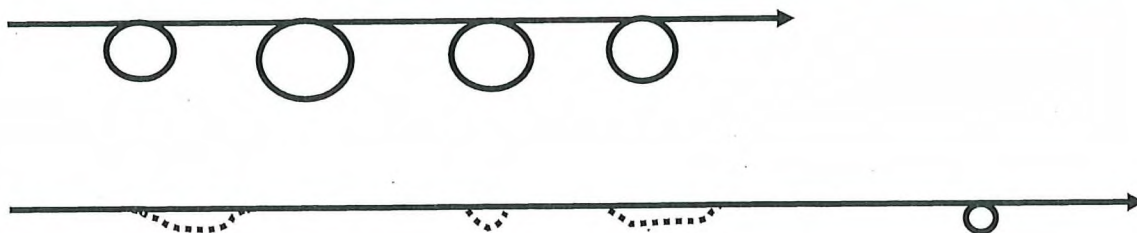
Not everything you think is true. A lot probably is; but don't stop learning.

This too shall pass. Bad days, pain, stress, and anxiety – but, good days, too.

What story are you telling yourself in your head? It is probably skewing your opinions.

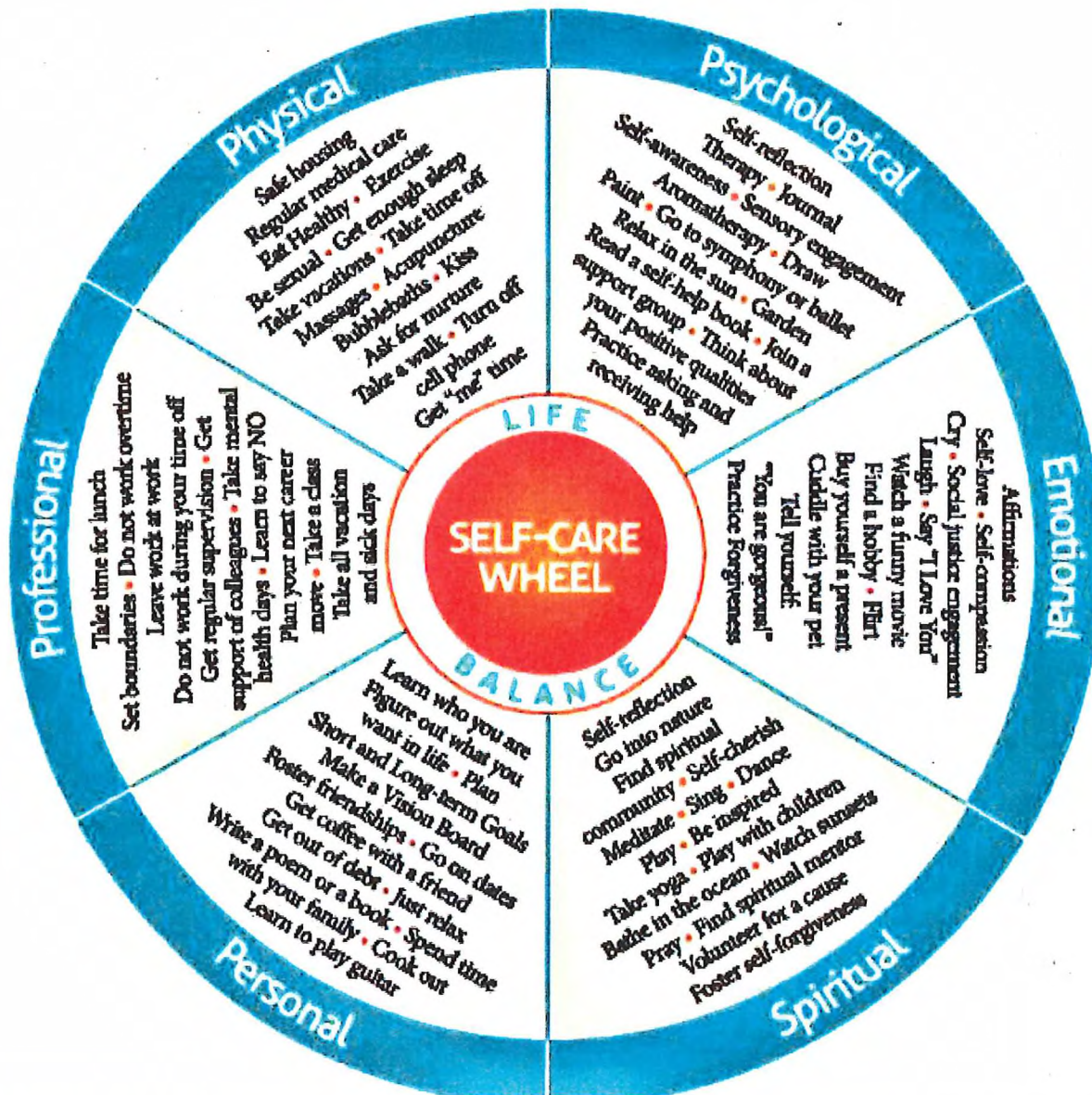
You are not alone. There will be times when it feels like you are, but you are not. Reach out.

Negativity Loops repetitive, negative feelings & thoughts / rehashing thoughts



(Almost) anything you can do to derail that negative loop is good and makes it easier to avoid the loop in the future.

SELF-CARE WHEEL



7 Top Self Care PDF Worksheets for Adults for Good Mental Health — Shikah Anuar - 2 January 2025

Cut yourself some slack. Just keep working on yourself.

When you look in the mirror, realize that it is a clear sign that you are a survivor.