

WE ALL HAVE MENTAL HEALTH



Healthy Self-Talk

Find a comfortable seated or standing position.
Bring your thoughts to the things you are good at.

Say to yourself:

- Something you like about yourself
- Something that makes you feel smart
- Something that makes you feel brave
- One thing you like to do for others

Self-Care Tip: Mindfulness actions utilizing any of
the 5 senses are a great way to GROUND oneself
and practice self-regulation