



Self-care suggestions brought to you by:



Maintaining a positive attitude during times of crisis

Cultivating emotional and mental wellness in times of difficulty is much like cultivating a garden . . . whatever you feed will grow. By sowing and tending to seeds of optimism, hope and peace, we give ourselves the positive mental reinforcement needed to get through the tough times.

Growing optimism

Having a positive attitude and expecting future events to turn out for the better is **optimism**. The optimist expects that life will work out well and as expected. To help you grow optimism:

View challenges as only temporary and something you **CAN** overcome.

Focus on what you can control; you have the ability to choose your attitude and emotions.

It is good to recognize and acknowledge feelings of fear, grief, or anxiety rather than trying to ignore them. The TEARS method can help.



T *Talk* Stay in touch with friends/family . . . sharing keeps everyone from feeling alone

E *Exercise* Physical activity, even walking, can help release tension and anxiety

A *Artistic expression* Use your creative ability to express feelings

R *Record* Write down your thoughts and feelings to release emotions and gain insight

S *Sob* There is healing power in allowing the relief of pain/anxiety through tears

Try one of these methods and allow yourself time to let emotions out (even 15 minutes a day can be helpful). Then, plant a positive thought in your mind and move forward with positive expectations.



How does this help?

Hope gives us the motivation to continue and believe that current circumstances will improve.

Hope transforms pessimism into optimism.

Growing peace

Peace of mind is **not the absence of conflict** from life, but the **ability to cope** with it. To help you grow peace:

Make two lists; one list of the things that you cannot control, and one list of the things that you can.

Fold up the list of things that you cannot control and give it to your higher power or the universe to deal with, or just put them away. Acknowledge those things are important, but not within your current ability to do something about. Let them go.

As those things come back to mind, remind yourself you have given those things away.

Look at the list of things that you can control . . . things you can make better . . . and **choose** to focus on those.



Growing hope

While life may not work out as planned, hope is about having personal positive expectations of possible outcomes. To help you grow hope:

Reach out to friends and family to talk about your hopes and desires for the future. People with a solid support network are better able to imagine positive possibilities.

Actively strive for a positive view of the future. Decide to accomplish small changes that lead you to the future you desire.