

Rising Above the Challenges



Naming what is affecting you can be a powerful first step toward finding some calm. Explore ways to acknowledge those feelings and create a plan to help manage them, one small step at a time.

Where are you noticing pain or fatigue?

Is there an emotion tied to it? For example, is worrying making it hard to sleep? Take a moment to tune in and recognize what your body is telling you.

Think about other challenges you've conquered in your life.

What have those experiences taught you about survival, change, and perseverance?

Write down your current emotional, physical, and mental needs.

How can you find ways to fulfill them during the day?
