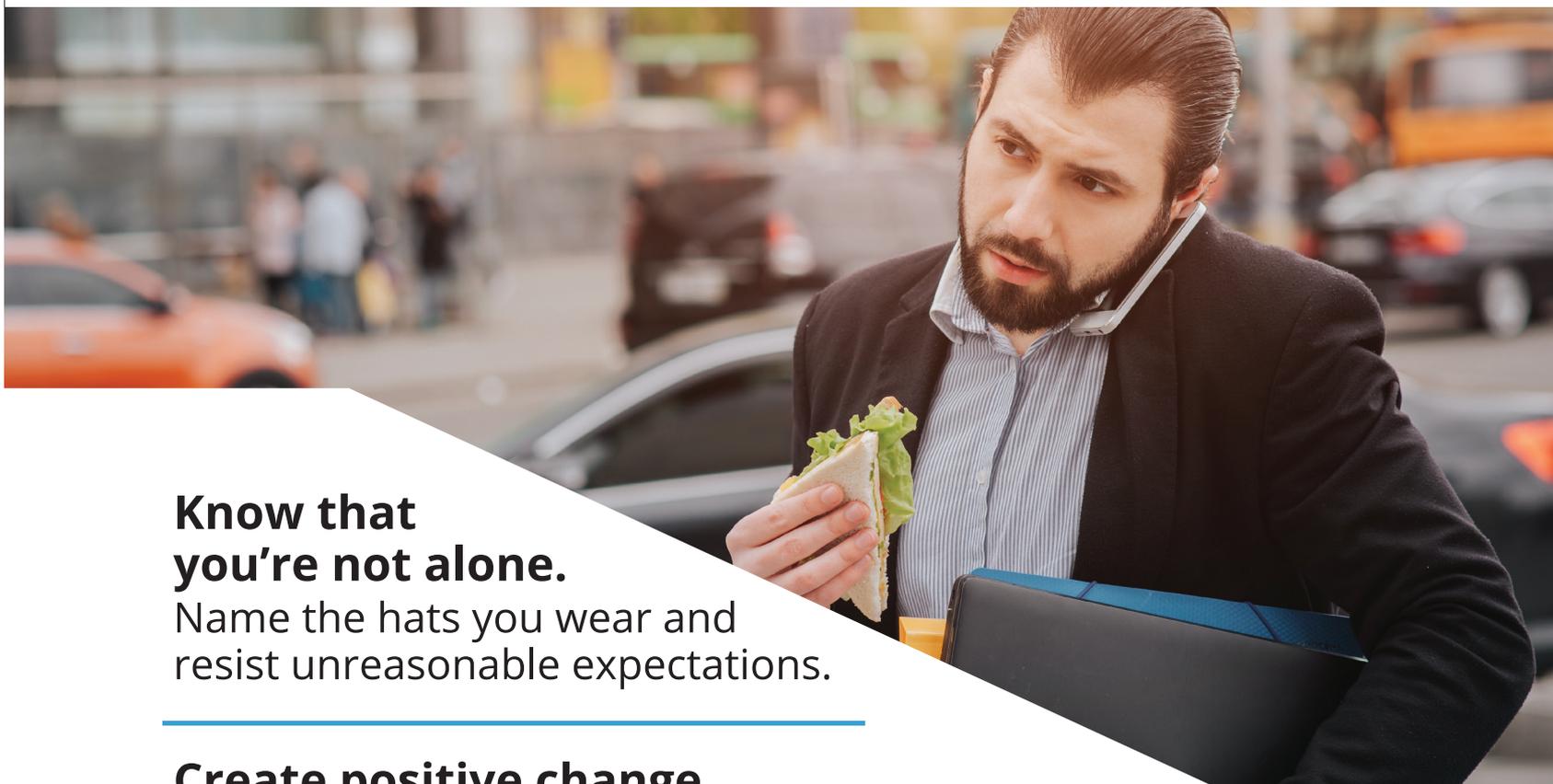


# THE CHALLENGE OF **CHANGE**

## PRACTICING SELF-AWARENESS



### **Know that you're not alone.**

Name the hats you wear and resist unreasonable expectations.

---

### **Create positive change.**

And allow yourself time to adjust.

---

### **Stay focused on the present.**

Stop the negative self-chatter.

---

### **Know your limits.**

Control consumption of news and social media.

---

### **Control the controllable.**

Live a healthy lifestyle and stay connected with what matters to you.