

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.