

BUILDING MENTAL STRENGTH

FOCUS ON YOU



Foster a good self-relationship.

Know yourself, be confident, and accept your whole self.

Check in with yourself.

Evaluate your feelings and actions to make sure you're giving yourself what you need.

Live authentically.

Be true to who you are, what you value, and how you want to live your life.

Create healthy boundaries.

They make relationships with yourself and others better!

Build strong and meaningful connections.

Relationships provide support, give us purpose, and encourage positive behaviours.