

# 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.