

# BUILDING MENTAL STRENGTH

Recognize the Power of Thoughts and Emotions

**Work on emotional health.**  
Find effective ways to cope with and manage all emotions - positive and negative.

**Broaden your emotional vocabulary.**  
Accurately name what you feel, accept it, and deal with it rationally.

**Distinguish between thinking and worrying.**  
Thinking is about reflection. Worrying creates anxiety and negativity.

**Worry constructively.**  
Write worries down, analyze them, and brainstorm solutions to address them.

**Build a positive mindset.**  
Nurture your body, and focus on purpose, growth, and gratitude.

