

# 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.

