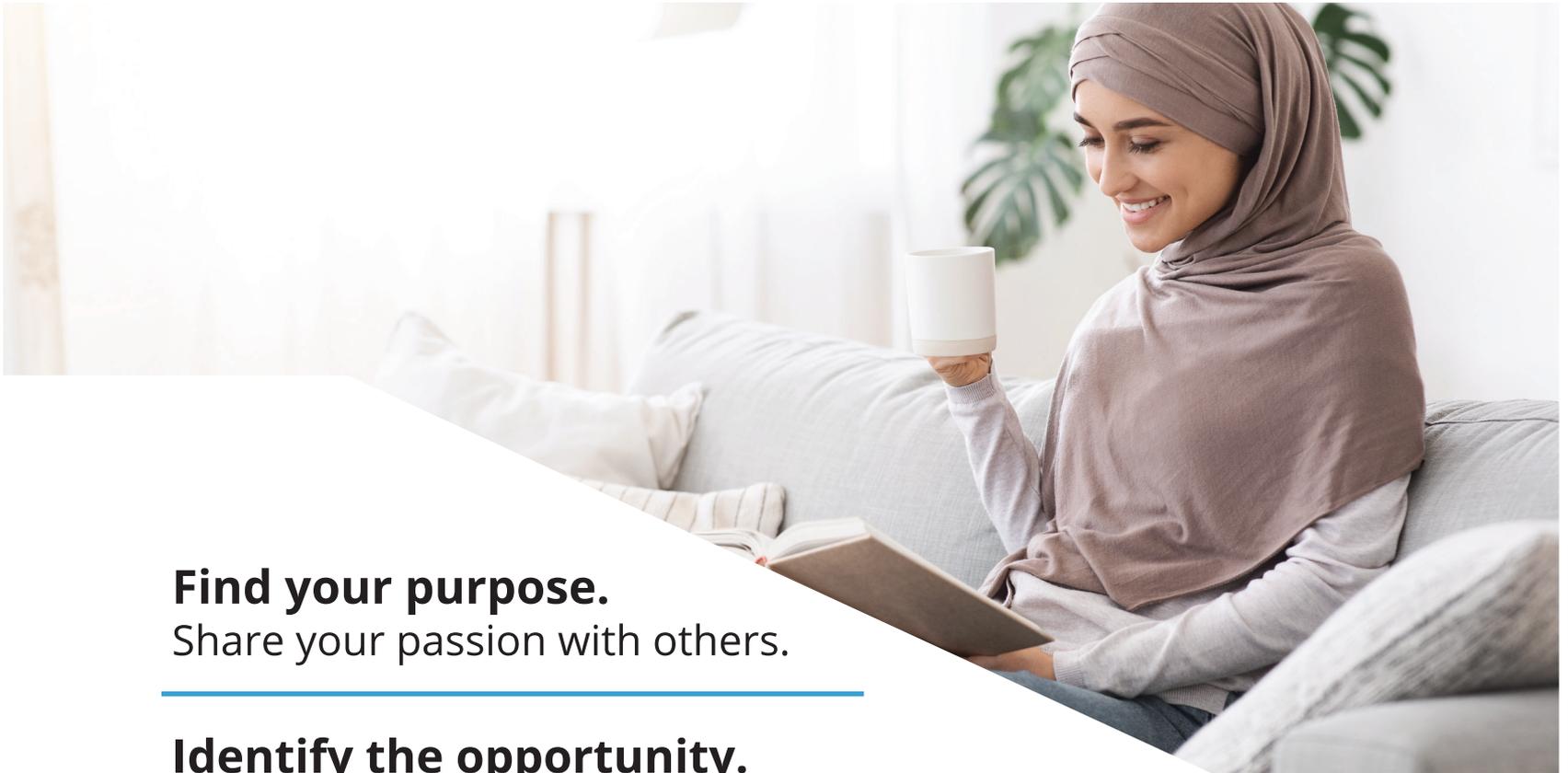


THE CHALLENGE OF **CHANGE** BUILDING RESILIENCY



Find your purpose.
Share your passion with others.

Identify the opportunity.
Look for meaning and appreciate the new beginning.

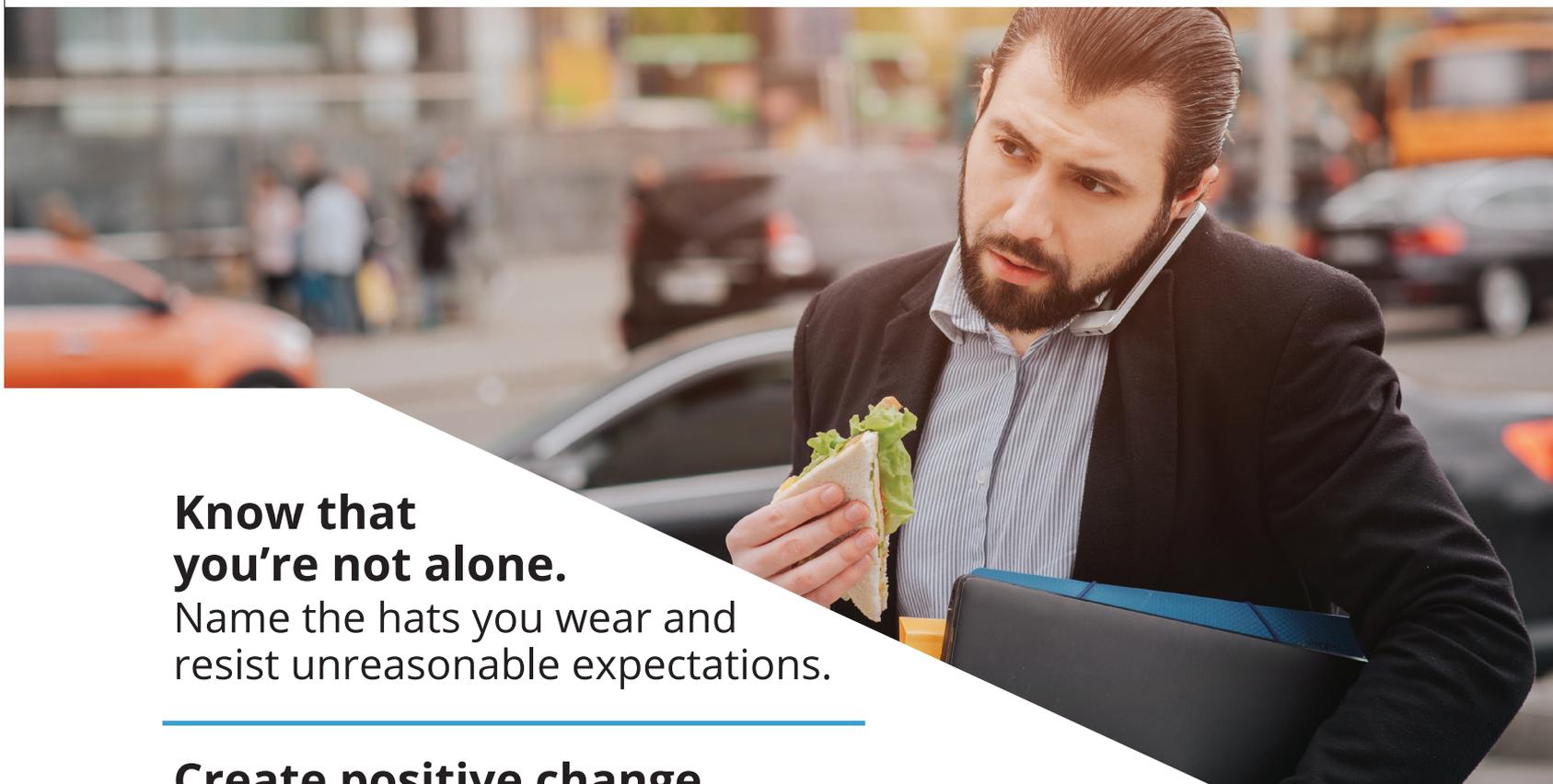
Practice gratitude and kindness.
Be thankful for the present and pay it forward.

Be kind to yourself.
Practice self-care with compassion.

Create happiness.
Make yourself a priority.

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.