



Feel-Good Friday

To jumpstart your sense of hope:

- Celebrate every little accomplishment today to shift your attitude to positivity.
- Reflect on difficulties you have overcome and what you gained in the process.
- When stalled in problem-solving, consider how someone else might solve the problem or brainstorm absurd new solutions to activate your creativity in the search for a realistic solution.
- Spend time experiencing humor by listening to a comedy routine, reading a joke, or talking with a friend with whom you often laugh.
- Remind yourself that change is possible because either you can change your part in a situation or you can change your perspective on the situation.
- Take a peek at nature to observe how many changes are possible.
- Spend time delighting in the uplifting details of your hopes and dreams. Then, take one tiny step toward turning that hopeful dream into a reality.

Hope Challenge

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org