

Working Through Challenging Times in 9 Steps

Just when the caterpillar thought the world was over, it became a butterfly...

- proverb

Get Control

1

Manage your emotions

Get Perspective

2

Shift your mindset

Be Proactive

3

Take charge of your role

Set Goals

4

Make your goals real

Step Out

Face your fear

5

DO FOR YOU

Give yourself an
emotional, mental break

6

Be Grateful

Look for the good things

7

8 MAKE IT BETTER

Today is a new day, a better day, if you try

9 KEEP GOING

The present situation will soon become a past experience

Designed by:



We believe in
you!