REFLECTION

Try a mindfulness or moving <u>meditation</u>

Gratitude: list three things that make you feel grateful

Talk it out with a friend, family member, or <u>therapist/counselor</u>

Experiment with positive self affirmations

Express yourself through journaling, art, music, poetry, dance, etc. Set a timer for 20 minutes and see what happens!

Remind yourself of your core values with this exercise

