

Admit, Talk, Heal



Admit - You are human and impacted by a situation.

Talk - Tell someone you trust about how you are feeling.

Heal - You don't have to carry the burden.



Reframe... your thoughts, stressors and anxiety.



Nature - Get outside! Sunshine increases serotonin which makes us feel better.



Gratitude - Remember to focus on what is good in your life!



Connection & Support - Connect with loved ones, peers and family. Seek out organizational, peer and family support.



Fun - What do you do for fun? Hobbies, interests?



Turn off the Noise - Limit how much media and social media you are exposed to.

Don't forget your....

VALUE

You have an employee number, but that number has value.

PURPOSE

To treat each body with dignity and help the living with closure.

"BOUNDARIES"

Emotional, physical, and time. This is how you increase your perception of control.

MENTAL & PHYSICAL HEALTH

Exercise, try yoga, meditate, counseling, etc.

Remember: The only control we have in this world is our thoughts, reactions, and behavior. Let go of what you can't control for a happier, less stressed, less anxious life.