

21 Ways To Recover From Adversity In Bite-Size Nuggets

1. BREATHE
2. Own what's yours. . .not their's.
3. Use Ceremony To Help You Heal.
4. Tears help you to refresh and cope.
5. Find Your Song.
6. Cool off, step back & rewind.
7. Look for support from friends and family.
8. Laughter is the best medicine.
9. Get Professional help.
Medical doctor, psychologist, etc.
10. Plan a trip - Getaway or staycation.
11. Walking Is Therapeutic
12. Work out! Work your body.
Join a fitness club.
13. Get Spiritual Help.
14. Write about your troubles-start a journal. (I started my journal in 1998.)
15. Find the beauty in little things.
16. Research about your challenges online.
17. Research your challenges on YouTube.
18. Take off your mask!
19. When angry, send out your email reply the second day.
20. Look for the Sunrise!

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Learn More About Student Safety Month At www.carolecopelandthomas.com

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