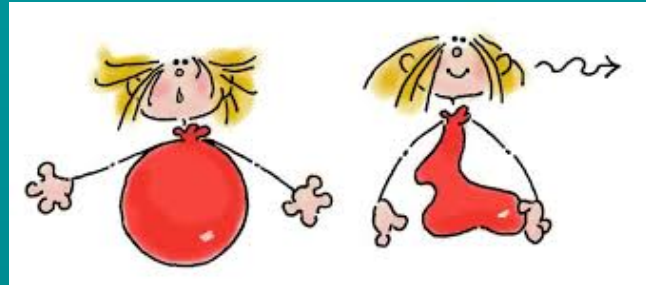


Three r's to help you bounce back

Relax take 5 to calm and destress



Take tree deep breaths



Tense and release



Visualize a relaxing spot



Recall a pleasant memory



Laugh out Loud

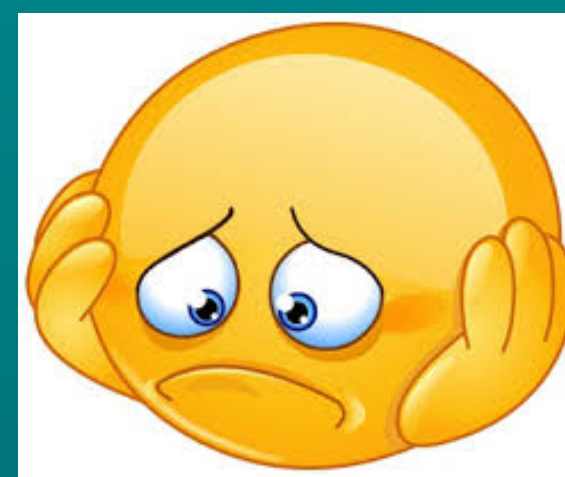
Reflect -Challenge your assumptions: it may not be true



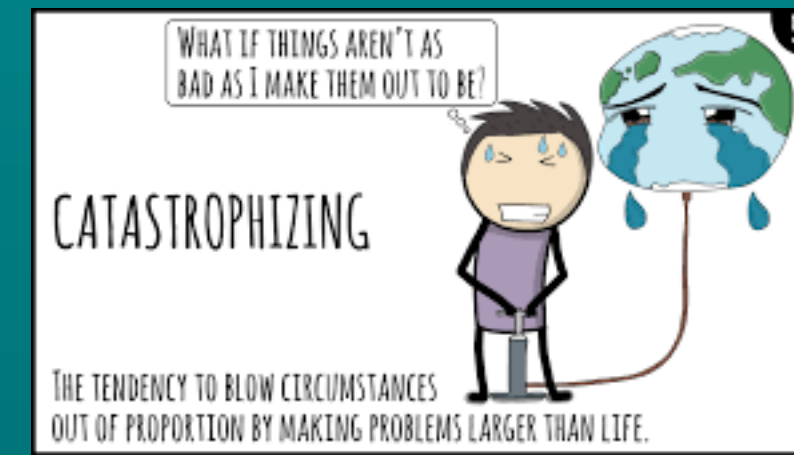
Blaming & judging self



Blaming & judging others



Overgeneralizing & unrealistic expectations



Catastrophizing



How else can I think about this

Respond -cultivate realistic optimism and positivity: with planning effort and problems solving



Look for things you can control



Express gratitude



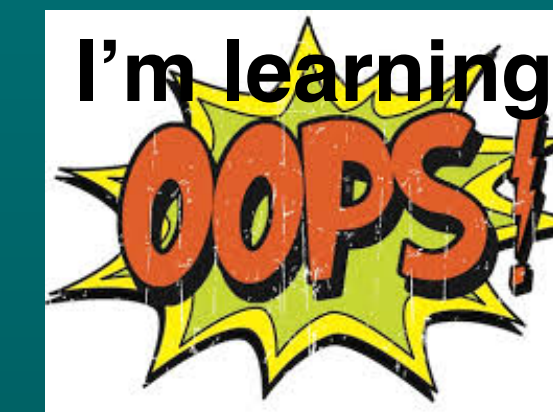
Celebrate successes



Reach out to others



Find strength in self and others



See mistakes as learning



Take small steps