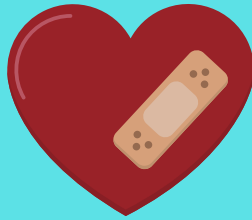


YOUR RESILIENT HEART

Take a breath under stress.

Speak kindly to yourself in
your mind.

You, as much as anyone,
deserve, and need, your
compassion.



Be your own heroic voice.

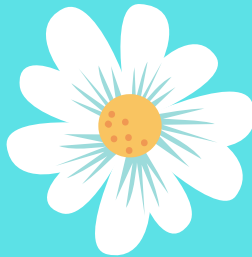
Nature and animals help
healing and happiness.

Walk, a dog, swim, run,
make your body stronger
and you will feel stronger
throughout your being.
Exercise also helps you
sleep better.



Feelings come and go.

Be with what is - it will
rise and fall again.



When you're hurting, also
remember the things that
are still good.

Find your Flow - do things
you love (and that make
you feel alive, and capable).

Connect - express yourself
to others, or by writing a
journal when you're alone

