

Tip 2. learn skills for tough times

Learning skills for tough times is important because it:

- helps me understand myself
- gives me a feeling of achievement
- builds my confidence
- lifts my energy
- improves my motivation.

Some skills that can help me in tough times are:

- deep breathing
- taking a break from social media
- going outside for a walk
- thinking kind thoughts about myself
- exercising
- being mindful or meditating
- spending time with family or friends
- drawing or painting my feelings
- writing in a diary or a journal
- writing down what is happening and different ways I can handle it.



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When things are tough, I feel:

What do I normally do in tough times?

Does it help me feel better?

Do I want to do something different in tough times?

What new skills do I want to learn for tough times?

Who can help me learn new skills?

