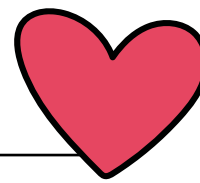


# Be Kind to Yourself



When feeling stressed, it is easy to see the things that aren't working or areas we aren't doing are best. Instead, try celebrating wins!

**Step 1:** What are you doing well? Write down all the ways you feel like you are good or OK in life:

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**Step 2:** If a friend saw all that you do, what would they say to encourage you?

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**Step 3:** Our thoughts will sometimes feel like a bully in our heads, only telling us negative things. Our thoughts play a role in how we feel – and we must push back and challenge those thoughts, especially if they only increase our stress.

Use the chart to help you identify situations when you feel more stressed and have negative thoughts. Identify the thoughts you have and then work to change it to a more balanced thought.

Situation	What negative thought came up after this situation?	What feeling did this cause?	What is a more balanced way to look at this situation?	What feeling do I have when I have more balanced thinking?
Rushing to drop off kids to school – knowing we are going to be late	“Why am I the only parent that struggles with? Everyone is going to think I’m a bad parent!”	Shame, embarrassment	The kids might be a few minutes late but starting today I’m going to work to create a schedule.	More relaxed Determined