TriCity 50+

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Feel-Good Friday

When you imagine someone with whom you really enjoy interacting, what words and images come to mind? Funny, kind, generous, loving, thoughtful, and more? You probably feel yourself smiling when picturing conversations and visits with that person. The physical appearance of that special person is likely not your main focus in these memories because you are impacted most by their character and personality. Can you believe that the same holds true for how others view you?

Many times, people are the worst critics to themselves, seeing only flaws that get magnified in the mind rather than looking with a balanced perspective at both opportunities for improvement and a multitude of strengths. Today, you can focus on the good you find within yourself.

- Try looking at yourself the way those who care about you see you.
- If you need help finding your strengths, tell friends or family members what positive qualities you see in them and ask what comes to mind when they think about you.
- Write a list of at least five positive internal qualities about you.
- If looking in the mirror leads to self-doubt, take time to write that uplifting list on your mirror using colorful dry erase markers so that when you see your reflection, you see a more complete picture of who you are.
- Remember: Every person is a beautifully imperfect blend of physical qualities, personality, and character traits. You have positive qualities to share!

You Can Appreciate Your Internal Qualities

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org