



Feel-Good Friday

When you smile, your eyes twinkle with a bright warmth.

When you speak kind words, you spread compassion.

When you act with kindness, you share hope.

When you work with integrity, your brilliance shines forth.

When you give yourself grace for your imperfections,
you become stronger.

When you humbly celebrate your strengths,
your confidence grows.

When you accept who you are,
your comfort radiates from you.

**Your body does not determine your beauty –
you *embody* beauty.**

You Are Beautiful!

*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