



Feel-Good Friday

When in Need of Immediate Patience:

Focus on slow and deep breaths.

Relax your muscles.

Remind yourself the moment is temporary.

Visualize a calm place.

Affirm your strengths.

Find good in the situation.

Contact a supportive person.

Patience Challenge

Part 1 of 2

*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