



Feel-Good Friday

Today, notice any critical judgments you make about yourself.

Let the negativity pass through your mind without holding onto it.

As a positive comment comes into your awareness, repeat the comment twice more in your mind to give it a chance to take root and grow.

You are worthy of kindness to yourself.

Positivity Challenge

*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