

TRUST *Technique*

T-TRUST IN YOURSELF

R-RESILIENCE IS A PART OF YOU

U-UPLIFT YOUR MOOD WITH NEW THOUGHTS

S-SURROUND YOURSELF WITH SIGNIFICANCE

T-TAKE TIME FOR SELF-CARE



WHAT DOES SELF-LOVE LOOK LIKE TODAY? IN WHAT WAYS CAN YOU BE MINDFUL OF LOVING YOURSELF AND OTHERS TODAY?

WHO OR WHAT CAN YOU SURROUND YOURSELF WITH TODAY THAT OFFERS YOU A SENSE OF SIGNIFICANCE?
