

# Grow Through What You Go Through

## Mental

- Identify how you've grown this year.
- Set an achievable goal for the month.
- Use positive self talk.
- Practice patience in a stressful moment.
- Reduce your screen time for a week.

## Emotional

- Pay attention to how you body feels
- Spend time in nature.
- Process your emotions with someone.
- Identify what you are grateful for.
- Journal.

## Passion

- Try a new hobby.
- Play a game or complete a puzzle.
- Garden - watch something grow!
- Explore a new place.
- Read a new book.

## Physical

- Stretch to restore your body.
- Engage in a new healthy habit.
- Become aware of your body language.
- Get sufficient sleep consistently.
- Take care of your skin - moisturize!

## Social

- Have a meal outside with friends.
- Spend quality time with people you love.
- Show empathy towards someone.
- Smile at a stranger.
- Ask someone for help.

## Practical

- Learn something new.
- Complete a self-care activity at school or work.
- Try a new solution to a challenge.
- Check something off your to do list
- Perform some spring cleaning.