

## QUICK TIPS

# Managing Your Mindset

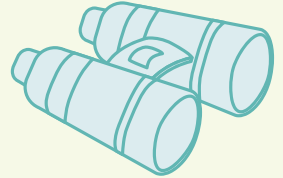
### Be aware of your thoughts

Take a moment to actually think about your thoughts. Become aware of where your mind is spending time - is it helping or hurting you?



### Keep perspective

Everything we see is perspective, not the truth. Focus on the 'good stuff' and things that really matter most.



### Don't obsess

It's a waste of time to obsess over what you can't control.



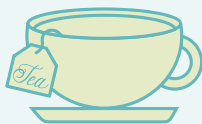
### Express yourself

Sharing your thoughts can help you better understand and manage your experience.



### Give yourself a break

Be reasonable and patient with yourself and others. Now is not the time for perfection.



### Practice acceptance

When adjusting to a 'New Normal', recognize that feelings of stress and anxiety are inevitable.



### Stop, look and listen

Check-in with yourself. Be aware of when you are tired, anxious or overwhelmed. Then, take steps to care for yourself.



### Focus on the end

Remember this is temporary and will pass. Utilize this time to plan for what you'll want to do when this is over. You can come out stronger on the other side!

