

# I am Me. You are You.



"I can do it!" attitude ...  
**PERSISTENCE** ...

Positive self-talk ...  
**ACCEPTANCE** ...

**RESILIENCE**

**RESILIENCE**



Count to 10 ...  
Stop and breathe ...  
Writing ...  
Drawing ...  
Mindfulness ...

Kind words, thoughts and actions ...  
Meditation ...  
Music ...  
Exercise ...



superhero band

**Mood Meter**