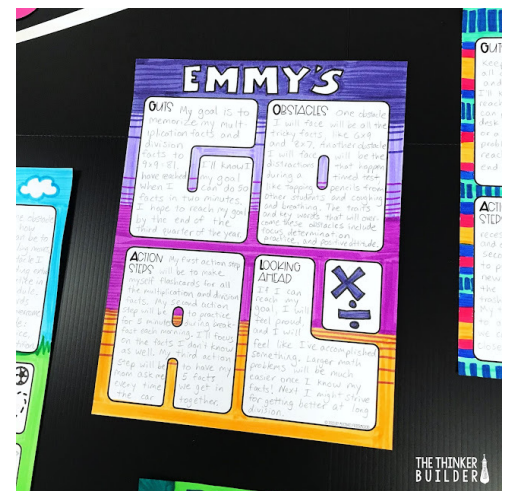
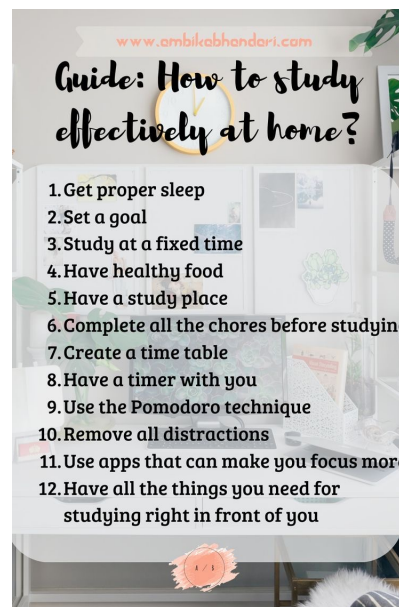


Mental Health Moment

Presented by the Counseling Department

Self-Improvement

Welcome to the New Year! We are so happy you're back in our classrooms, your faces fill our halls, and your presence fulfills our souls! We hope everyone enjoyed a restful break and found time to safely enjoy friends and family. With a new year, comes the idea that we can start anew to achieve greatness where we might have fallen short before. This is a time of self-reflection, goal setting, and change. It's important to reflect on our own strengths and areas that need improvement, but do so with love for yourself. Work to improve yourself because you find value in it, not because someone else does. Achieve your goals to prove to yourself that you can do anything you set your mind to and you are worthy of your efforts. Invest in YOU! Your time, energy, love, and effort today will reap endless rewards in years to come. Try to refrain from comparing yourself to others during your time of change and work to reflect only on how you are moving and improving. Change is often hard and can be wrought with challenges, but if you stay consistent and persistent you will learn so much about yourself. Read on for some insightful quotes and ideas that may inspire your journey.



SET GOALS!

Scan the code to take
a copy:





Personal Life:

strive for
progress
not
perfection

ashleywelborn.com

*Work on your
goal a little bit
each day no
matter how
small.*

TinyJoyfulTreasures

SLEEP AFFIRMATIONS:

- I RELEASE THE DAY
- I DID MY BEST
- I DESERVE REST NOW
- I AM READY FOR BED
- I GO TO SLEEP EASILY
- I AM FEELING CALM AND PEACEFUL
- I AM GRATEFUL FOR TOMORROW
- I AM ALLOWED TO TAKE A BREAK
- I WILL GET A GOOD SLEEP TONIGHT
- I WILL FEEL REFRESHED TOMORROW

ALL IS WELL, GOODNIGHT

the sierra guide

Through
self-discipline
comes freedom.

-Aristotle

RatCookies.com

**TALK TO
YOURSELF
LIKE YOU
WOULD TO
SOMEONE YOU
LOVE.**

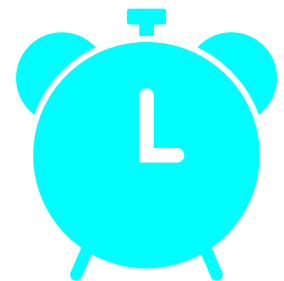
- BRENE BROWN

MYRIADOFDREAMS.COM

Self-care comes in
different forms:

Sleep
Exercise
Alone & quiet time
Healthy boundaries
Fresh air
Meditation
Creative activities
Massage
Social media detox
Flowers

intelligentchange.com



Time is on your side, so start today!