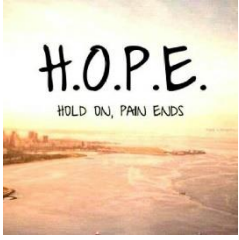


GUIDING STEPS DURING TIMES OF UNCERTAINTY



HOPE

HOPE helps us to be optimistic, have faith, make changes for the better, and make difficult situations more bearable.



CALM

CALM - look for peace and serenity; panicking will get you nowhere.



COURAGE

COURAGE –the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation. Acknowledge the fear, allow yourself to sit with it, feel it fully and then let it go. Courage is derived from the Latin word COR, which means heart.



COMMUNICATE

Communicate what you are feeling; it helps you to connect with others and helps with healing.



MYSTERY

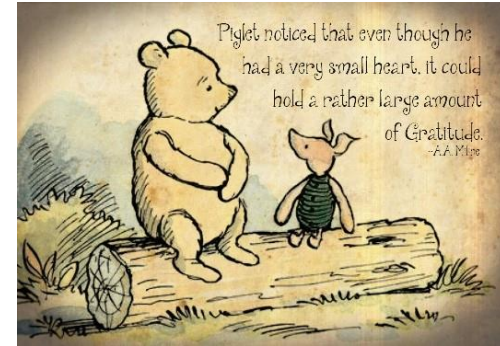
Mystery - learn about the spirit of life that is in you and all around you; navigate to a place of meaning.

IDEAS FOR HOW TO DEAL WITH STRESS



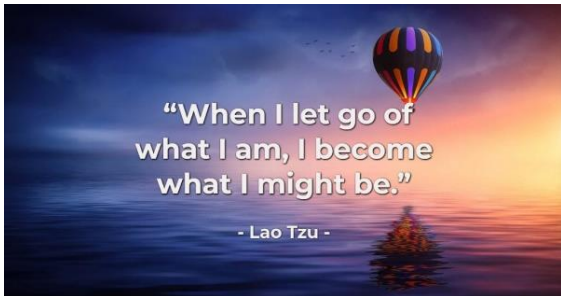
Meditate, practice relaxation techniques, slow down and remember to breathe deeply.

Focus on gratitude, give thanks for that which you do have.



Create a To Do List; then do one thing at a time.

Practice self-compassion, self-love.

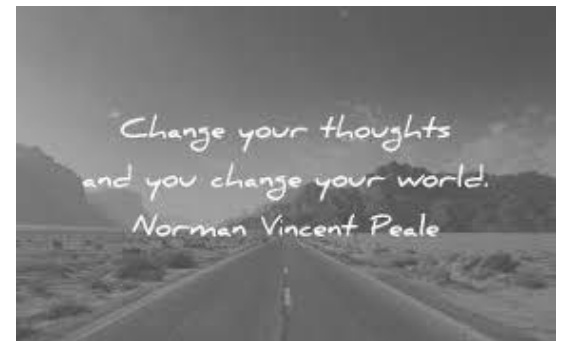


Embrace/acknowledge, accept and let go (don't get stuck).

Remember that fear harms you; fear acts as a chemical.

Be inspirational; help others to walk with courage in life and not with fear.

Prepare your heart and your mind, body and spirit to walk with the unknown.



Courtesy of Emmaus Institute Counseling Services (<http://www.emmausinstituteinc.org/>)

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