

Things I can control

My attitude: Realise that your attitude is entirely up to you and be grateful for everything you have in your life

My actions: Acknowledge the important effect your emotions have on your actions. Take a break, think before you react and ask yourself, 'is this really something I need to act on or is this just an emotion that will pass?'

What I eat: It is important to have 3-5 servings of fruit and vegetables a day to make sure you are nourishing your body and mind.

My behaviour: Increase your awareness of how your emotions and beliefs influence your thinking and drive your behaviour.

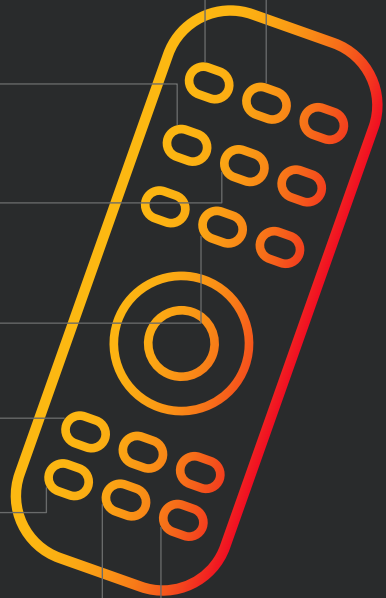
Who I follow: Surround yourself with people who inspire and bring out the best in you.

Who I unfollow: Avoid following people who are negative and make you feel drained.

How I speak to myself and others: If you don't have something positive to say, it's best to not say anything. Uplift yourself and those around you.

The personal boundaries I set: Healthy boundaries are important in both your personal and work life. Know when to say no and take time to look after yourself.

How I react: Take time to think about on the effect your reaction could have on other people. Know when to express yourself and when to give yourself some space to think.



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