

Cynthia's Mental Health Hub



I want to
share with you
some of the
most
important
things I
learned on my
Healing
Journey.

1. **Take Time for You** – caring for others comes easy, caring for ourselves is often never on the table. Pour yourself a cup of tea, listen to a song that uplifts **You**, sit in front of a sunny window. It doesn't have to be all or nothing. Start with just 5 or 10 minutes a day and get comfortable being with **You**.
2. **Dare to be Different** – don't compare **Yourself** to others. Be **Yourself**. Get to know the things **You** like and what makes **You** feel joy. It is easy to lose sight of these things when you are too busy looking after others.
3. **There is Always more than one Way** – we are inundated with lists, just like this one, telling or suggesting to us, how to do things. What you will realize, is that some things will work for **You** and others won't. Instead of judging **Yourself**, accept what doesn't work and focus on the things that do.
4. **Not Everyone will get It** – it is important to understand that not everyone will understand **You**, not because they don't want to, but because they can't relate. That is why it is so important to reach out to people who can provide **You** with the support you need.
5. **Sharing is a Sign of Strength** – it takes courage to share your words, emotions, and stories. Be kind to yourself as **You** learn how to share. Take it step by step...just a little at a time.

Be sure to Print out these Tips and Place them where they can be Seen. Read them every day. Be Kind and Gentle to Yourself. You Matter!