

OPEN YOURSELF UP TO HAPPINESS... WHEN YOU FEEL SAD

<p>1. IDENTIFY WHAT'S MAKING YOU SAD</p> <p>Write down EVERYTHING that's upsetting you.</p> <p>Putting this on paper confirms these things should not be overlooked.</p>	<p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>
<p>2. ACKNOWLEDGE IT & SHARE</p>	<p>Once you write down what's not making you feel good, go ahead and SHARE YOUR LIST WITH A LOVED ONE. Let them know you are sharing this as part of the healing process.</p>
<p>3. WRITE DOWN 3 WAYS TO CONQUER YOUR SADNESS</p>	<p>1.</p> <p>2.</p> <p>3.</p>

4. TAKE ACTION

Take your 3 ways to conquer your sadness and *stick with it* for a solid month.

AFTER ONE MONTH, TAKE NOTE OF THE FOLLOWING:

HOW DO I FEEL?

WHAT'S WORKING?

WHAT'S NOT WORKING?

WHAT ELSE COULD I TRY?

5. DON'T STOP!

ALWAYS BE AWARE of what makes you feel sad, upset or stressed and follow these steps as a regular self-care routine.