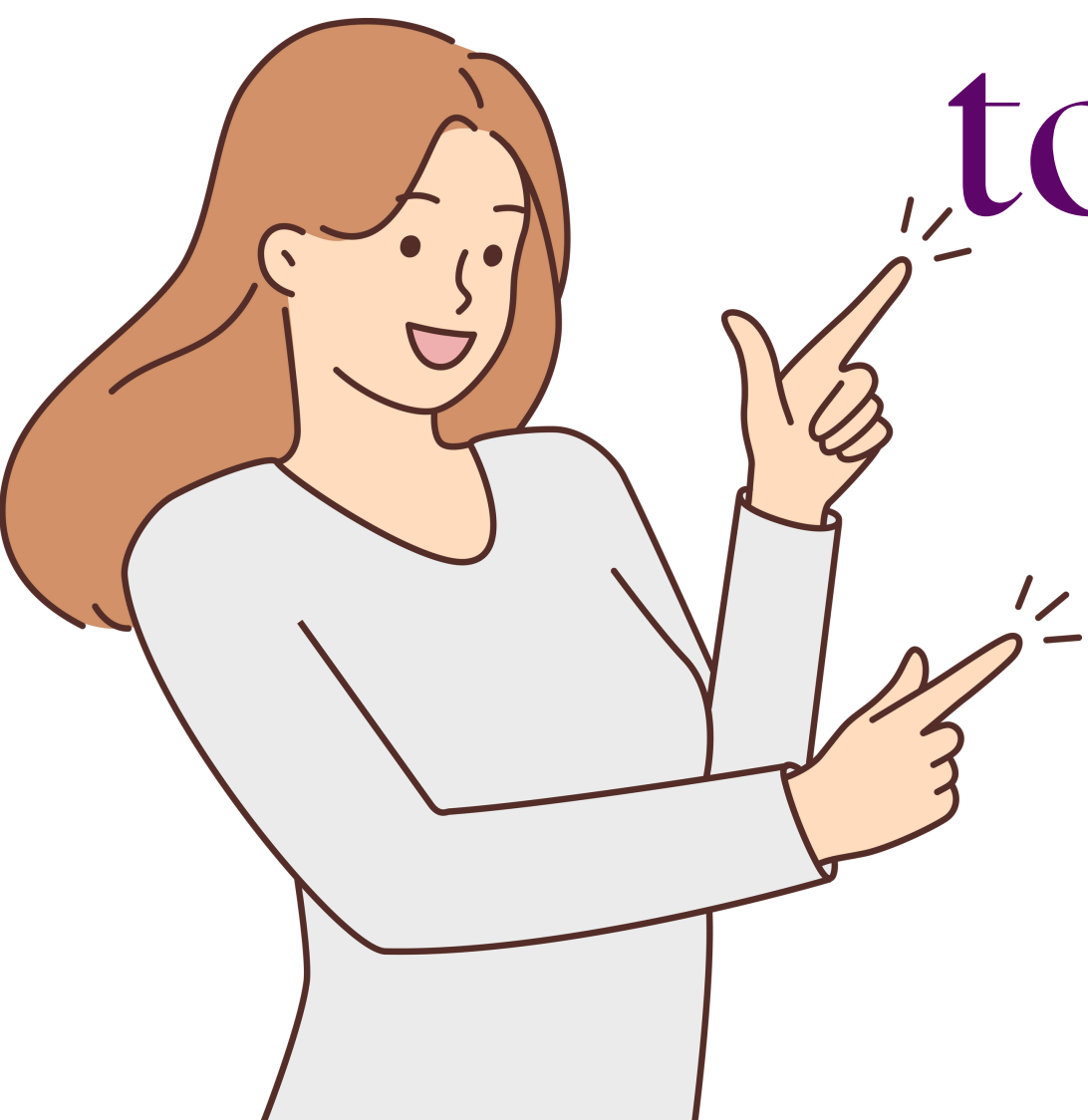


SIX WAYS to Choose You

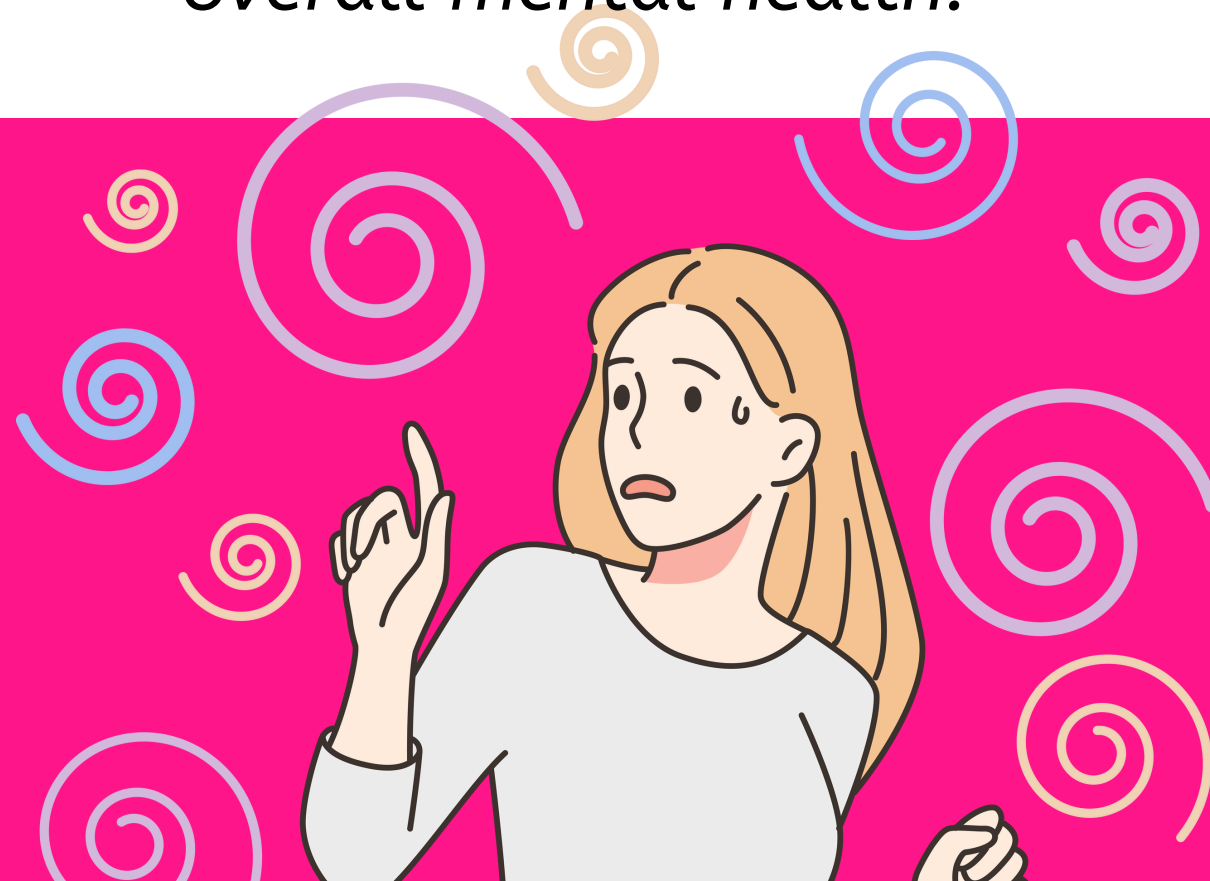


THINK BEFORE YOU SAY YES

Put an end to the bad habit of saying yes to everything. While it's good to be open to new things, taking on too much work or too many obligations can overwhelm you and harm your overall mental health.

TREAT YOURSELF WITH KINDNESS

If you don't treat yourself kindly and with respect, how can you expect others to do it? Stop being so hard on yourself, give yourself a break and forgive yourself, take care of you!



SPEAK UP FOR YOURSELF

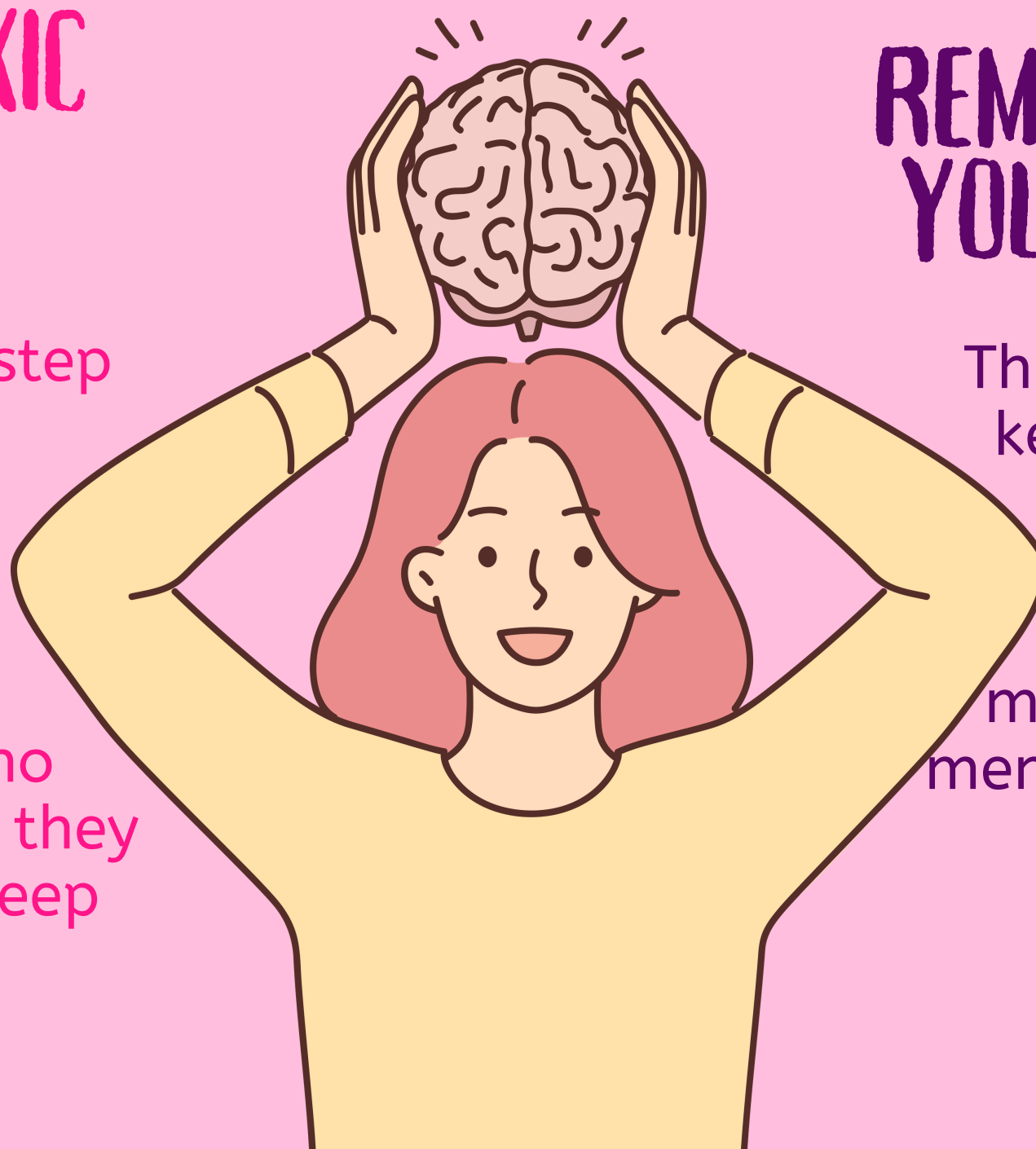
Stand up for yourself and your beliefs. You matter just as much as anyone else and so does your opinion. Practice stating your opinions, views, wants and standing up for yourself when necessary.

TAKE CARE OF YOURSELF

You're only given one body and one life, and you need to take care of it. Eat healthy food, exercise regularly, maintain proper sleep habits and do what you need to to minimize stress and improve your mental health.

LET GO OF TOXIC PEOPLE

Letting go of toxic people isn't only a step towards choosing yourself, but also a crucial step in maintaining good mental health. Toxic people bring no good into our lives; they tear us down and keep us there.



REMINDE YOURSELF YOU'RE WORTH IT

This step is crucial to keeping steady with your progress in choosing yourself regularly and maintaining positive mental health on that journey.