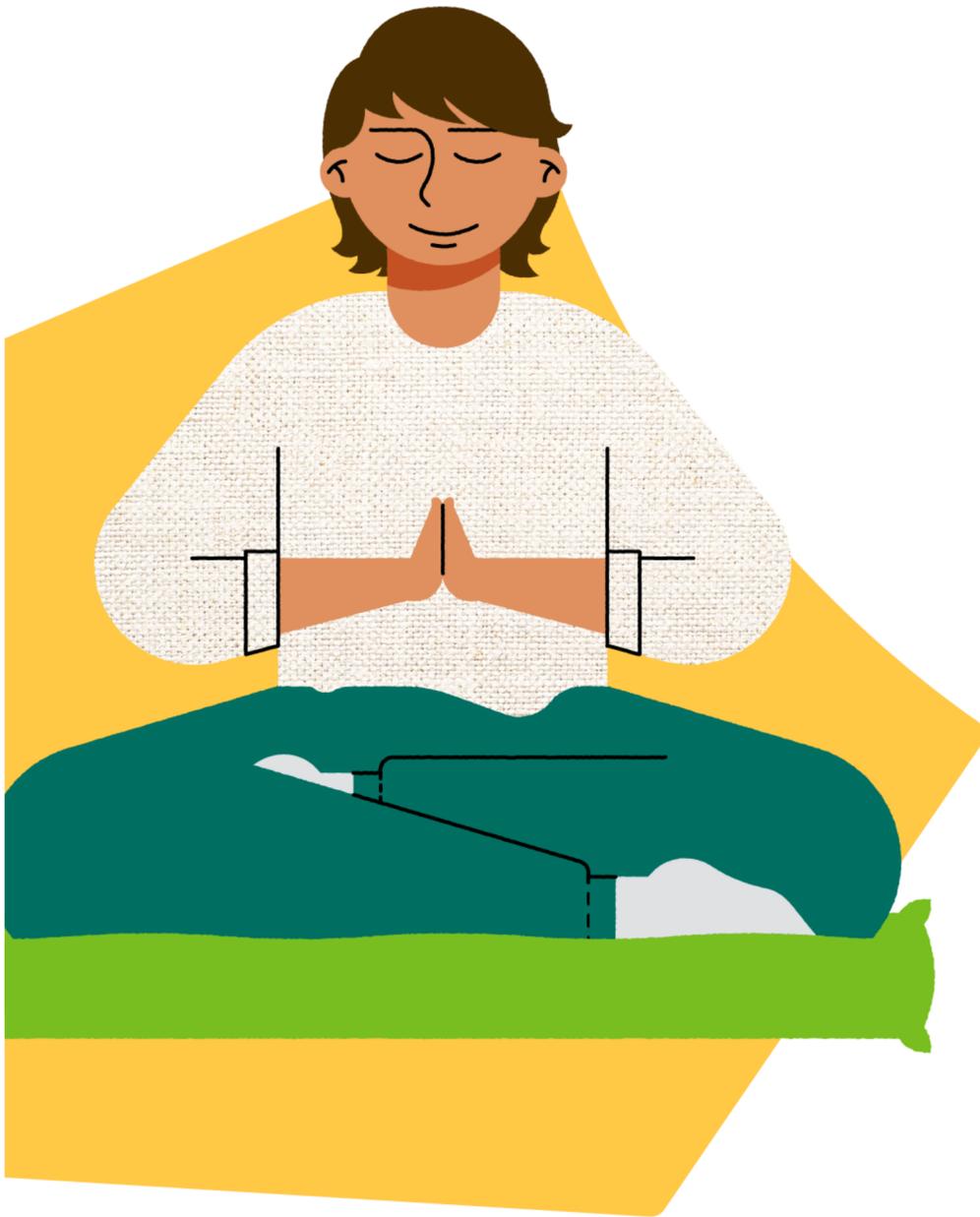




2. learn skills for tough times



Learning ways to handle tough times can:

- improve my self awareness
- give me a feeling of achievement
- build my confidence
- lift my energy
- improve my motivation

It might be helpful to learn new coping skills to maintain and improve wellbeing.

Try:

- journaling thoughts and feelings
- practicing some breathing exercises
- exploring mental health apps or websites
- creating a new routine
- taking a digital detox.