

# **BE A BRAIN-CHANGER CHALLENGE**

**Learn about your character and attitude.**

**Set out healthy goals for yourself.**

**Ensure you work on your self esteem on your own.**

**Figure out what your copings skills are and use them.**

**Determine activities that you can participate in to help alleviate stress.**

**Name your social and family supports.**

**Create balance between school, work or parenting with activities to alleviate burnout.**

**Become aware of your self-talk that guides you.**

**Recognize your accomplishments.**

**Become aware of your emotional intensity and manage it.**

**Ensure you do not develop depression, anxiety or substance use issues and if you see it in yourself or someone else, please get the help needed from professionals.**

**Be proactive in loving yourself.**

