



# 5 TIPS TO A BETTER YOU

Try out these 5 tips to improving your outlook on life and helping you feel more hopeful!

**Focus on the positive! Pick out 3 positive things that happened to you today and remind yourself of these several times (especially when you start to feel down, angry, upset, etc.).**

**Spend at least 15 minutes reading FOR FUN!**

**Write down 2 realistic and 2 unrealistic expectations you have of yourself**

**Get physical! Spend 10 minutes doing something active and notice how it changes your outlook.**

**Find one way to connect with someone else**

