EMBRACE THE UNCOMFORTABLE, IGNITE THE POSSIBILITIES
REMEMBER TO BREATHE! HOLDING YOUR BREATHE ONLY HOLDS IN THE ANXIETY!
DISCOMFORT /TROUBLE CAN BECOME OUR TRANSPORTATION TO GROWTH.
GET DISTRACTED RATHER THAN REACTIVE WHEN YOU’RE FEELING DISCOMFORT.
TREAT YOURSELF AS YOU WOULD A BEST FRIEND
FACE YOUR DISCOMFORT/FEARS

WHEN YOU FEAR YOUR STRUGGLES, YOUR STRUGGLES CONSUME YOU. WHEN YOU FACE YOUR STRUGGLES, YOU OVERCOME THEM.

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TREAT DISCOMFORT AS A SIGN THAT YOU ARE MAKING PROGRESS.
COMFORT DOESN’T ALWAYS EQUAL JOY/HAPPINESS
S.H.O.U.T
S: SAY SOMETHING!

Make **NO deals** to keep secrets of someone thinking of harming themselves.
H: HELP IS AVAILABLE

keep a note of available resources in your phone, on your person, know your allies.
O: OFFER YOUR SUPPORT TO LISTEN

Listening = Learning
U: UNPACK THEIR PAIN FOR UNDERSTANDING

Don’t minimize or belittle what they’re feeling as it’s REAL to them.
T: TELL THEM AND REMIND THEM THAT..

They are:

Loved, Needed & Valued!