Find support in unexpected places

Loved ones

Reach out to others instead of trying to handle things alone Pets

Pet an animal to release feel-good hormones

Community



Connect with others for a sense of purpose Where can you go when you need to connect?

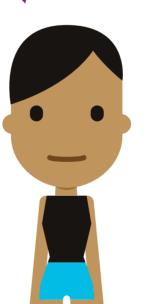


Memories

Journals



Write down thoughts and feelings to improve your health



Think about happy times and get an emotional boost

Resources for Living[®]