

HELP: **Seek help early.** Speak to a counsellor or an Integrative Medicine doctor.

WRITE: Use writing as a form of therapy. **Write the story that's in your head.** Simply by putting it on paper will help. When ready, look at it objectively. Ask yourself how you can move forward, what you can do about it, or if, perhaps, is it time to let it go?

MUSIC: When you're having a bad day, **change the record.** Listen to something enjoyable. Sing. Dance. Change your state.

WALK: If you feel like the world is imploding, **take a walk.** Your friends, Dopamine and Serotonin, will join you. Take a break and make this happen - even just around the building or a walk through the passenger cabin. Build exercise into your daily routine.

RE-FOCUS: Change your focus. Envision a positive future where **you are in control of your life**, even when external events are challenging. Know that this too will pass.

PERSPECTIVE: Do you know that to be true? **Don't catastrophize.** The human brain defaults to negative thinking when in survival mode, but you have control to change how you think about anything.

FUN: If your work environment feels like a miserable place, but you don't have any option other than to weather the storm, **find a way to improve the quality of your day.** Change the perspective of how you view your job and find personal value in all that you do.

LIVE FOR MEANING: **Find what gives you meaning and pursue it.** More than likely it's not money. Personal human connection, activities that bring you passion, contribution to a cause bigger than yourself, and any place you feel a sense of purpose and fulfilment are all great places to start.

GRATITUDE: What are you grateful for? Write a list each morning. When negative thoughts fill your brain, stop, let them go, and **think of something you are grateful for** in that moment. Move out the negative and bring in the gratitude.

RETIREMENT: **Find something meaningful to do.** Find new ways to use your skills and experiences, such as working for a non-profit, traveling, or starting a new career. Find new passions and experiences. Life is not over, it's just begun.