

# Summary of tips this week

- Start your day with intention. How would I like to meet any challenges or obstacles that come my way?
- Change your perspective: Bring gratitude into your life, list 3 things that happened today that you're grateful for and why.
- Use mantras for negative thinking; May I be safe, May I feel grounded, May I be healthy. etc
- Anxiety will always be a part of your life, learn to work with it and let it pass.