

As we greet each day with new changes and recommendations for taking care of ourselves, it is important to remain strong. Making healthy choices and surrounding yourself with positivity is key to finding joy and success in your day.

Growing your character could be compared to your bank account. You always want to have extra funds to spend. You must be intentional in making progress.

When we know our value and want to have the opportunity to be better, it's important to be responsible for our actions. Yes, tragedy, loss, and challenges can weigh us down. We can get behind on things and this may bring us grief. However, if we know how we want things to be in our lives, we can take steps to grow stronger to help us get closer to the finish line. Here are some suggestions:

Have Self-discipline Working on something well and completing it. Avoid procrastination. When you have self-discipline and know you can get things done, it becomes natural. The more you do something the easier it will become, and you'll likely come to enjoy it!

Challenge Yourself Set goals, learn new things, and be your best version. Believe you are worth it! Ralph Waldo Emerson once said, *"We are always getting ready to live but never living."*

Know Your Value Evaluate yourself and your life. What are you good at? What are the strongest points about you? What could you be better at? What in your life brings you joy? What negative areas are you ready to let go of?

Surround Yourself with Goodness If you seek goodness and surround yourself with positivity you will grow in character. Invest time and energy with people who have integrity and who are kind and generous.

Living for a Greater Purpose Do things that you believe in. Get involved with an organization that will bring joy and set a positive example to those around you, such as volunteering at a food closet, animal shelter, or local non-profit.

However, if distress or stress symptoms are escalating or you feel you are not coping, help and professional support is available. Suicide Prevention Network can help if you need to talk! We are in this together! Please call if you have questions or concerns. 775-783-1510 or the 24-7 National Suicide Lifeline 1-800-273-8255 or visit our website

www.spnawareness.org

