

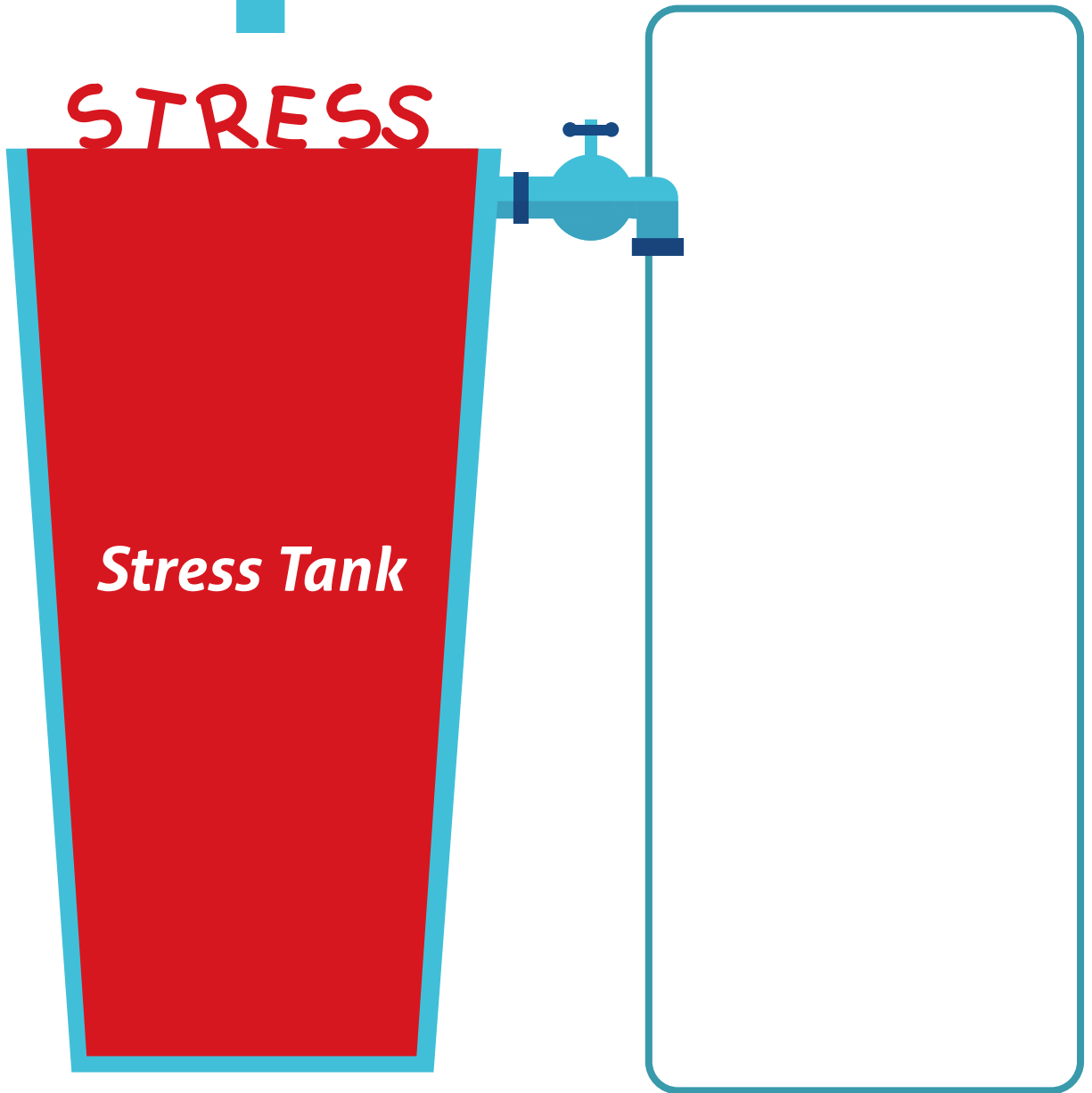
From today /..... /..... I am going to make a difference to my life and to the lives of others by making this promise

Here's how i will keep my promise:

I will ask to support me in keeping my promise

Ways to cope

Ways to cope



favourite coping mechanisms



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence