

T.H.R.I.V.E.

- T** - talk face to face
- H** - help from a trusted support
- R** - rest the body and brain
- I** - Initiate coping strategies
- V** - Vent negative feelings
- E** - Exercise often

T.H.R.I.V.E.

- Don't default to technology.
- Life is too hard to do alone.
- Take time away from stressors.
- Little efforts can bring strength.
- Avoid silence and isolation.
- Increased activity increases mood.



T.



L.



H.



V.



R.



E.