1. Remember nothing last forever
2. Stop thinking in terms of “should”
3. Consider the other’s perspective (put yourself in someone else’s shoes)
4. Look for something positive
   1. Health
   2. Family
   3. Job
5. Look at the bigger picture
6. Show Gratitude/be thankful
7. Smile/laugh
8. Workout
9. Help others if you can
10. Get enough sleep
11. Write down Negative thoughts
12. Practice positive self-talk
13. Focus on what this is teaching us
14. Stay away from negativity sources
15. Put up positive quotes around the house
16. Label what you are feeling
17. Look to the future
    1. Write down places to travel
18. Remember you are not alone
19. Reach out if you need help
20. Stay away from the all or nothing thinking
21. Remind yourself it is okay to not be okay
22. Lastly, you have survived 100% of your hardest days