



*Reflect on your emotions, practice gratitude, be mindful, and show empathy.*

***Understanding yourself empowers you*** to better control your mindset and attitude in any circumstance.

Gold, E.. (2020, August 27). Why Mindfulness Isn't About Control. *Mindful: Healthy Mind, Healthy Life.*



SCAN FOR  
IL HPP WEBSITE



CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

**MAKE IT MATTER**

This was developed and funded in whole and or part, by grants from the Illinois Department of Human Services and Center for Disease Control. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of IDHS, CDC, or HHS, and should not be construed as such.