

Instead of Self-Medicating

- Focus on the Present
- Relax Your Mind
- Think Healthfully (see other side)
- Interact Socially
- Do Something Productive

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Healthy Thinking

- Emotional Independence
- Perspective
- Acceptance

“I wouldn’t have chosen it, but it happened, and now it’s my new starting point, whether justice is done or not. It’s only X percent bad, and I can handle that. I alone determine how this situation will affect me emotionally.”

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Ten Things I’m Thankful For

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

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