

TANGO2 Deficiency Disorder

Mental Health

TOOLKIT



This toolkit was co-developed by the TANGO2 Research Foundation in collaboration with Give an Hour, a national nonprofit whose trauma-informed mental health frameworks informed the structure and tools included.

For more information visit GiveAnHour.org/ContactUs

Signs for Rare Caregivers to Notice

Being a caregiver for someone with a rare disease presents unique challenges that significantly impact mental health. Over 70% of caregivers experience high levels of stress, with 65% reporting depression and 53% anxiety. Many caregivers feel guilty prioritizing their health, with 72% experiencing self-care guilt. Give an Hour's "Five Signs" provides a common language to understand how emotional struggle can show up for rare caregivers, along with ways to show support and respond. Recognizing these signs is crucial for family members and loved ones, as it enables them to provide timely support, reducing the risk of burnout and promoting a healthier caregiving environment.

Know the Signs and What they Look Like



PERSONALITY CHANGES

Your loved one may seem different exhibiting behaviors that don't align with their usual self.

Stressed-out, checked-out, frequently anxious or depressed, acts differently than 'normal', eerily "at peace" or joyful when previously stressed/depressed.



UNCHARACTERISTICALLY ANGRY, ANXIOUS, AGITATED, OR MOODY

Your loved one may struggle frequent mood swings.

Lashing out, angry outbursts, panic attacks, self-soothing. Always in 'crisis mode', feeling repeatedly triggered. May happen with or without a clear trigger.



WITHDRAWAL OR ISOLATION FROM OTHER PEOPLE

Your loved one might pull away from family and friends, signaling a need for support and understanding.

Not responding to texts, excessive malaise or sleeping, Needing to be alone. Not showing up for planned activities, housebound or signs of agoraphobia, avoidance when questioned.



MAY NEGLECT SELF-CARE AND ENGAGE IN RISKY BEHAVIOR

Financial strain, physical limitations, and emotional distress can contribute to neglecting self-care or engaging in risky behaviors.

Reckless or irresponsible spending, substance use, sedentary lifestyle/lack of physical activity, hair matting from poor self-care, change in appearance, "Depression House", significant weight gain or loss. Excessive sleeping.



OVERCOME WITH HOPELESSNESS AND OVERWHELMED BY CIRCUMSTANCES

Your loved one may experience extreme or prolonged grief, feelings of worthlessness, or guilt.

Verbal expressions of distress: "There's no point in going on", shutting down, masking feelings, making end-of-life plans, suicidal thoughts, self-harm, or worrisome verbal statements, "It's hopeless".

WHAT YOU CAN SAY:

"I've noticed that lately when we talk or hang out, you seem distant, you don't seem like your usual self. Can you tell me more about what's going on? I want to find ways to support you."

"I can't imagine how stressful that must be. It's sound like you're having a really tough time dealing with all of this. I want to understand what you're going through. Can you tell me more about how you're feeling?"

"I've noticed that you haven't been responding to my texts like you used to, and you've been spending more time by yourself. It's important to take the time you need for yourself, but you don't have to do this alone. You can lean on me for support, I'm here if you need someone to talk to."

"This might be difficult to talk about, but I've noticed you've been drinking more lately, and I'm really concerned about you. I just want to make sure everything is okay. I'm here for you. Do you feel comfortable opening up about that?"

"I understand it can be hard to open up and I want you to know I'm here for you. From a sincere place of concern I want you to know that I've noticed you've been really struggling lately. Are you having thoughts about hurting yourself?"

SELF-CARE FOR RARE CAREGIVERS: ESTABLISHING HEALTHY HABITS OUTSIDE OF CAREGIVING

Prioritizing self-care can be a challenge when providing rare caregiving to others. Self-care is essential to prevent burnout as the healthier you are, the more energy you will have to care for others. Self-care does not look the same for every rare caregiver. Try incorporating one of these tips each month and with practice, taking care of yourself will become second nature.



Learn & practice stress reducing techniques



Attend to your own healthcare needs



Get adequate rest and nutrition



Exercise regularly even if only for a short time



Take time off without guilt



Participate in enjoyable activities, like reading a book



Seek and accept the help of others



Seek counseling when needed



Practice mindfulness: identify and acknowledge your thoughts, emotions, feelings, and challenges



Practice common humanity: through shared experiences, i.e. peer support, online support groups



Set obtainable goals



Practice self-kindness



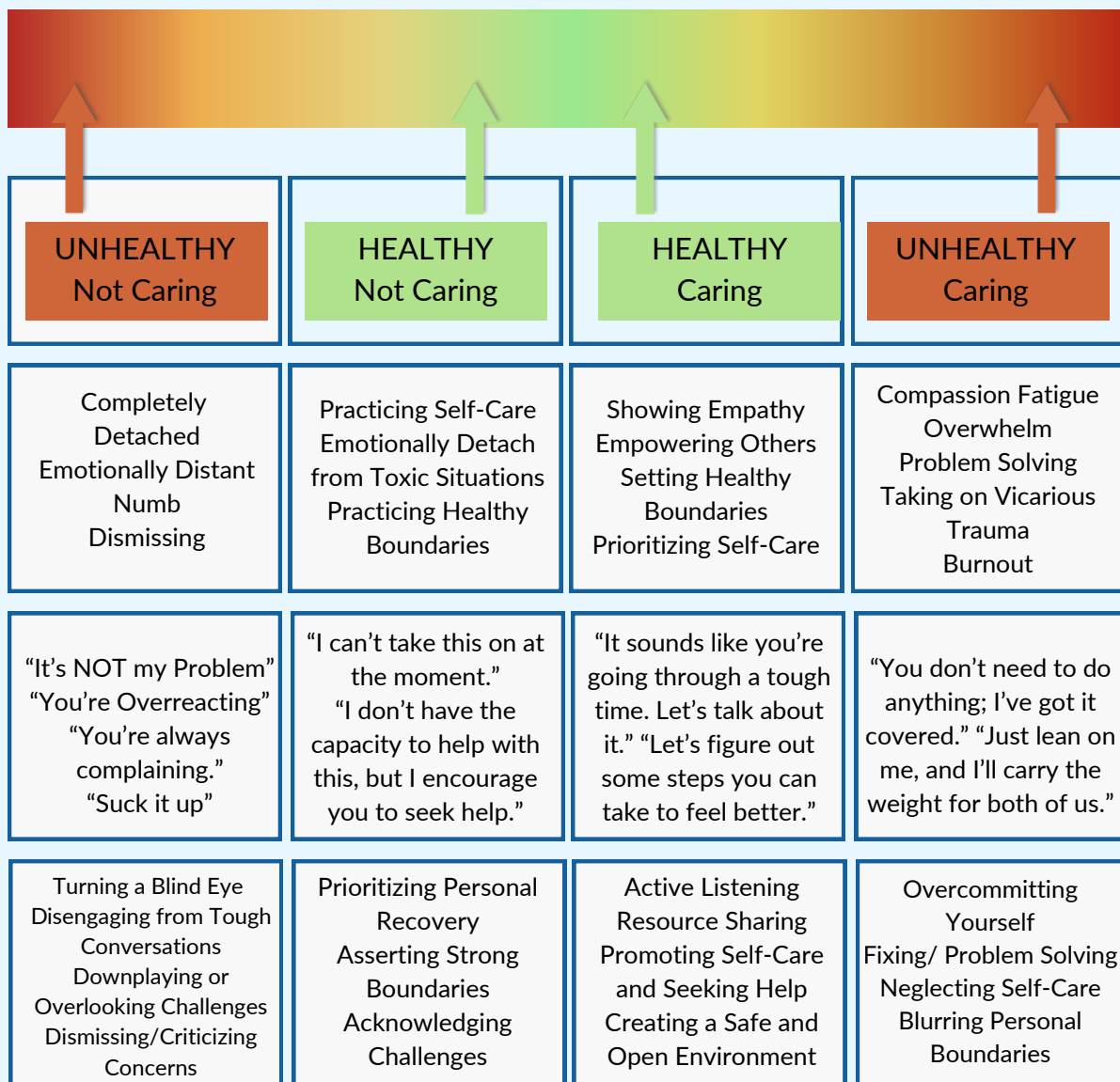
Practice the Healthy Habits of Emotional Wellbeing



Healthy Care *Boundaries*

Maintaining healthy boundaries is crucial for balancing support for others without shouldering their emotional burdens. These boundaries help define the extent of care you can offer while preserving your own mental well-being. Supporting others in their time of need doesn't mean self-abandonment. Setting clear boundaries helps you understand the limits of your care and empathy, preventing the shift into shouldering behaviors that can lead to resentment, overwhelm, and burnout.

Where do you sit on the scale between caring too little and caring too much?



Supporting vs. Shouldering: Understanding the Difference

Understanding the difference between showing support and shouldering is crucial in setting boundaries; ensuring we can provide effective emotional support without compromising our mental health.

Supporting

Supporting is being empathetic and showing concern for others without taking on their burdens. Supporting EMPOWERS the other person, and when you support, you maintain healthy boundaries to protect your own mental health and well-being, preventing you from becoming overly involved or affected by the other person's problems. Supporting doesn't mean it's YOUR job to FIX or find solutions; instead, it is to show care and compassion to the other person so that they can find their own solutions. Supporting is a BALANCED approach that shows commitment to helping without sacrificing yourself.



Shouldering

By comparison, Shouldering refers to taking on responsibility for someone else's problems. Shouldering is when you get SO involved in helping someone that their issues begin to weigh you down. Shouldering can lead to a sense of feeling OVERLY responsible for someone else's well-being, to the detriment of your own mental health. You can feel drained of energy, empty, or as though without you, everything would fall apart. Shouldering can lead to controlling behaviors, burnout, and can cross a line from support to dependency.



Is It Supporting or Shouldering?

Aspect	Supporting	Shouldering
Empowerment	Empowers others	Overly responsible for others
Boundaries	Maintains healthy boundaries	Sacrifices personal wellbeing
Role	Shows care, not fixing	Feels the need to fix others' problems
Mental Health Impact	Positive, balanced approach	Draining, leads to burnout
Behavioral Outcome	Encourages self-reliance in others	Can lead to controlling behaviors
Respect, Empathy, and Compassion	Shows respect, empathy, and compassion	Self-serving, micromanaging

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Rare Caregivers may not immediately recognize their experience as traumatic or know the signs of PTSD. Illnesses in children create complex levels of care for both patients and their caregivers. The symptoms of trauma and PTSD may affect the caregivers capacity to care at their typical level. Prioritizing caregiver's mental and physical health is essential to providing the best care for their loved ones.

WHAT IS TRAUMA?

Trauma is defined as the emotional response to a negative event. The events do not have to only be personally experienced but can be witnessed. For rare caregivers, trauma can be experienced through different types of events such as the day of diagnosis, delivery of their child, medical emergencies, watching invasive medical procedures, and of course, the loss of a child, just to name a few. The emotions that are felt by rare caregivers during these events can leave **lasting** emotional scars. These events can often be overlooked as traumatic because they are not the known "common" types of trauma people hear/speak about.

WHAT IS PTSD?

Post Traumatic Stress Disorder (PTSD) is a mental condition that is activated by a traumatic event. Though many people experience traumatic events, PTSD is when a person finds it challenging to cope and adjust and symptoms worsen over an extended period, making it hard to function daily. **Receiving early support** may help reduce the progression of PTSD.

**Only a clinician can diagnose this disorder*

RARE CAREGIVING & PTSD

With the day-to-day demands of rare caregiving, caregivers may find it even more challenging when traumatic events occur. Often times feelings of guilt or shame can deter caregivers from caring for themselves. It is vital to **support yourself and stay healthy** to care for your loved one.

- Seek help early from a professional
- Take preventative self-care measures
- Recognize when symptoms worsen
- Reach out to support systems

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SIGNS

- **Memories:** recurrent, intrusive, flashbacks, nightmares
- **Avoiding:** places, activities, people that are reminders
- **Negative thoughts:** self, others, the world
- **Hopelessness**
- **Memory issues**
- **Detachment:** family and friends
- **Emotionally:** numb, difficult to experience positivity, easily startled/frightened, self-destructive

Women experience PTSD at a significantly higher rate than men

If you or a loved one are experiencing suicidal thoughts please dial 988 to reach the Suicide & Crisis Lifeline.

To learn how Give an Hour can help you on your journey, visit www.giveanhour.org/rarecaregivers

References: [APA](#), [NAMI](#), [Mayo Clinic](#)

Post-Traumatic Growth (PTG): Growing Through Change

Post Traumatic Growth (PTG) is the positive psychological transformation that can occur after experiencing a traumatic event or life crisis. Trauma is challenging and can be long lasting. These types of events are understandably associated with negative connotations, but like many hardships, it can lead to growth. It is estimated that about 66% of trauma survivors experience PTG. Growth does not end grief, but suggests that through experiencing difficult events/crisis one can shift perception of oneself and the world.

Growing From Stressful Situations:

PTG happens when a person decides to approach stressful events as an opportunity for growth that can add meaningful value to their life. Easier said than done! Start by:

- 1) reexamining your understanding of the stressor
- 2) identifying how you physically and emotionally respond to the stressor
- 3) practicing calming tools to navigate through the stressor
- 4) allowing yourself time to heal and the growth will follow

The Benefits of PTG:

- Embrace new opportunities – both on the personal and the professional fronts
- Improve personal relationships and increase pleasure derived from being around people we love
- A increased appreciation for life; grateful for the days and time with loved one and emphasizing the wins over the losses
- Practice empathy for others by using challenges to become more understanding
- Increased sense of pride and purpose because challenges have been navigated
- Greater spiritual connection
- Create healthy boundaries
- Increase emotional strength and resilience *



Tips to Promote PTG:

- Seek counseling and share that one of your goals is to grow from these experiences
- Give yourself time to heal
- Create boundaries that support your healing journey
- Create a strong support system
- Join groups of likeminded individuals in order to enhance feelings of community
- Practice remaining open and vulnerable with those you trust



*Richard G. Tedeschi & Lawrence G. Calhoun (2004) "Posttraumatic Growth: Conceptual Foundations and Empirical Evidence", Psychological Inquiry

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Taking Care When You Are A Caregiver: Tips For Accessing Mental Health Care

WHY SEEK CARE

The daily impact of rare caregiving extends to each aspect of life. The emotional roller coaster that comes along with rare disease makes it even more important to keep your mental health and emotional wellbeing in shape. Think of mental health care as a gym that will give you exercise techniques you need to get through it all. Asking for help can feel vulnerable and bring up many feelings. Seeking therapy is positive. Therapists listen and help you make connections. They may offer guidance or recommendations when you feel lost. There is no single, correct approach in finding care. As a rare caregiver, you probably know all too well that connecting with the right provider may take some time. Prioritize YOU just like you do for the one you care for, and with patience & perseverance, these tips will help you find your provider.

WHEN TO SEEK CARE

- Anytime! Maintenance is essential to your mental health
- You feel like you can't do normal daily activities you previously were able to accomplish
- Thinking about or coping with an issue is taking more than one hour of your day
- You have a major life event
- You've developed habits to cope with your emotional health that are impacting you physically in a negative way

WHO TO CHOOSE

- If you have a mental health condition that may benefit from medication, consult a mental health doctor, such as a psychiatrist or mental health nurse practitioner who has experience treating your condition (MD, DO, PMHNP, APN)
- If you're seeking help with emotions, behaviors, and patterns, consult with a therapist, counselor, or psychologist. Like medical doctors, these professionals have specialties, so find one who knows about your specific issue (credentials include LCSW, LPC, LMFT, PhD)

Remember You Cannot Care for Others if You're Not Healthy Yourself

Finding Mental Health Support for Rare Disease Caregivers



Why Mental Health Support Matters

Rare disease caregiving is more than a role, it's an emotional marathon filled with ongoing uncertainty, crisis cycles, and grief. The daily demands can be relentless, and without the right support, burnout can set in quickly.

The **'right fit'** mental health care is designed to **meet caregivers where they are**, offering:

- **Safety:** A nonjudgmental space for all feelings, even the ones that feel “wrong.”
- **Validation:** Recognition of both the pride and the exhaustion of caregiving.
- **Stabilization:** Tools to regulate your nervous system, manage stress, and recover after emergencies.
- **Resilience:** Strategies for sustaining your emotional health long-term.
- **Empowerment:** Support in making choices for your well-being without guilt.

WHO: Choosing the Right Professional

If you're seeking emotional or behavioral support:

- ✓ Choose a therapist, counselor, or psychologist experienced in trauma, chronic illness, and caregiver burnout (LCSW, LPC/CLPC, MFT, LSW, PhD/PsyD).
- ✓ Trauma-informed providers will pace sessions to match your nervous system's capacity and never push you to share more than you're ready for.

If you may benefit from medication:

- ✓ See a psychiatrist, mental health doctor, or nurse practitioner (MD, DO, PMHNP, APN).
- ✓ Look for trauma-informed care that explains options clearly, moves at your pace, and includes your input in every decision.

WHERE: Finding Mental Health Providers

- ✓ Ask your insurance company or Employee Assistance Program (EAP) for a list of in-network, trauma-informed providers.
- ✓ Search online for “trauma-informed therapist + [your city]” or “psychologist + chronic illness.”
- ✓ Ask trusted friends, family, or other caregivers for recommendations.
- ✓ Check rare disease advocacy groups, nonprofits, and government websites.
- ✓ Contact local or national mental health organizations for referrals.

Caregivers may have to wait for the “right” provider, in the meantime:

- National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI
- 988 Suicide and Crisis Lifeline (call or text)
- Caregiver-specific peer support groups (online & local)

HOW: Questions to Ask

Before the First Session:

- ✓ Have you worked with caregivers or people navigating long-term medical crises?
- ✓ What's your approach to trauma-informed care?
- ✓ Do you accept my insurance? Do you offer telehealth?
- ✓ How do you adjust therapy when someone is under chronic stress?
- ✓ Do you have regular openings that can flex around medical appointments?

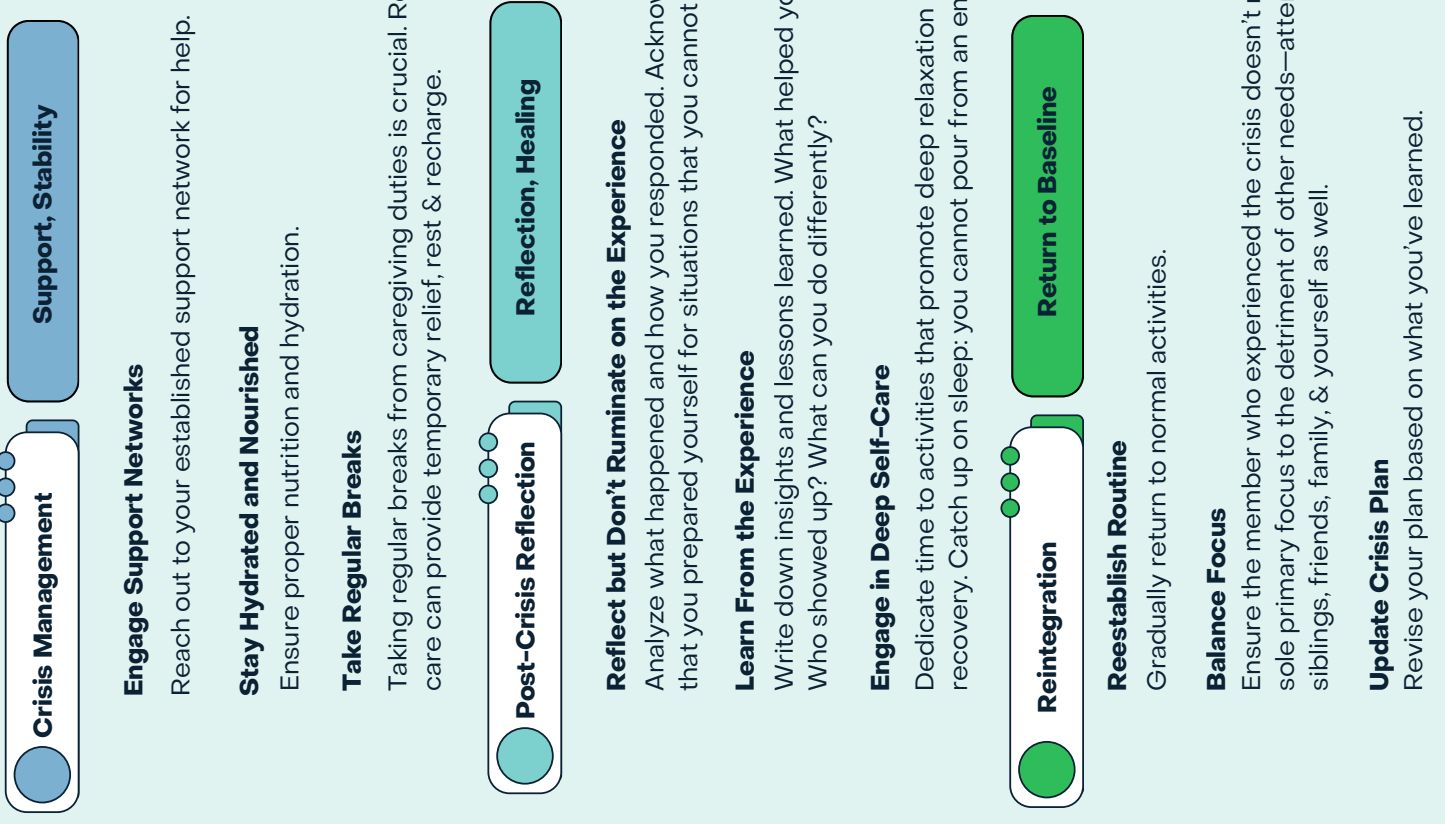
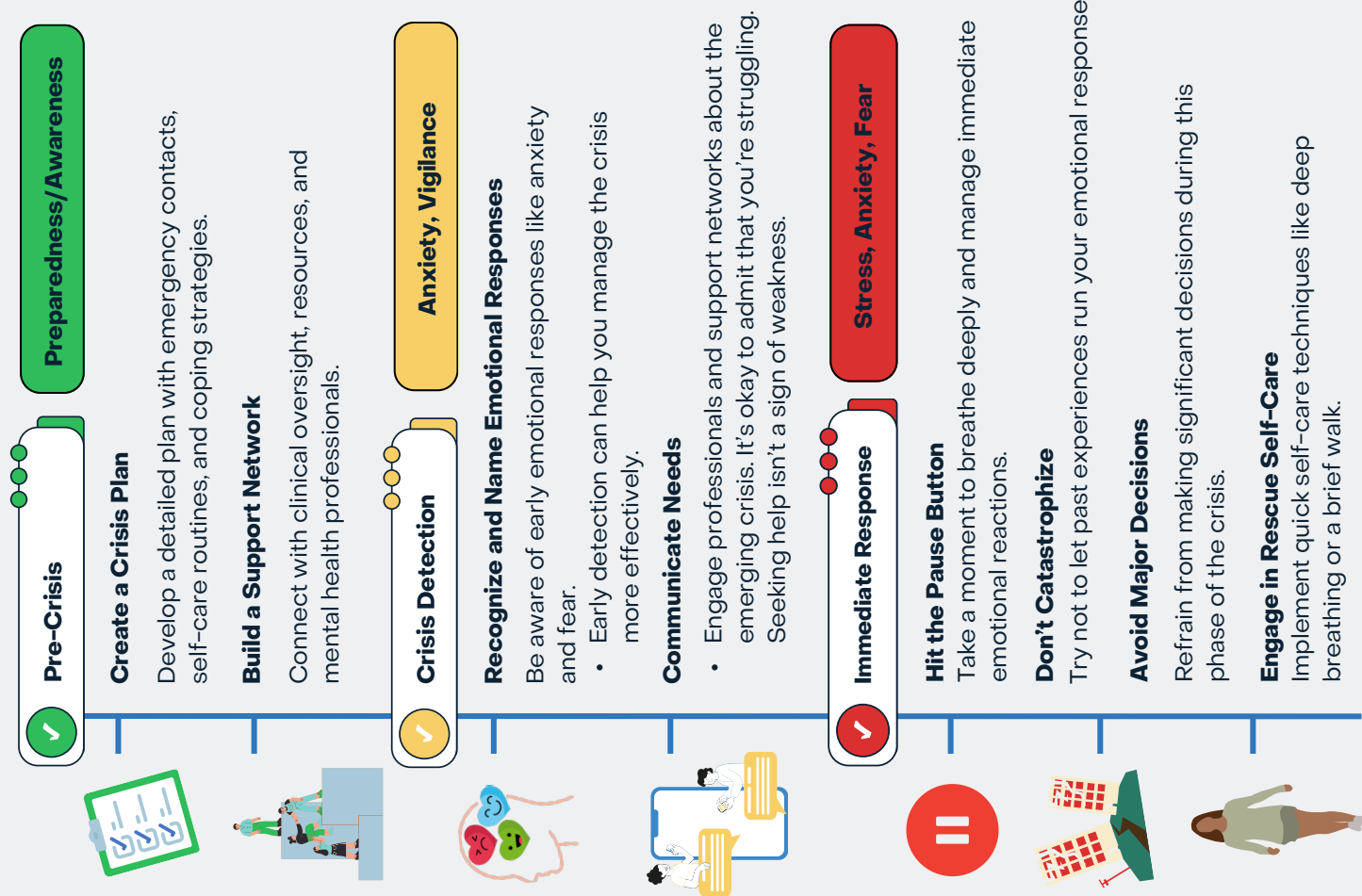
After the First Session:

- ✓ Do you think you can meet my needs as a caregiver?
- ✓ How will we create my treatment plan together?
- ✓ Will our goals adapt if my caregiving role changes?
- ✓ How do I reach you in between sessions if I'm in crisis?

You don't have to “earn” therapy by reaching your breaking point — you deserve support now.

Caregivers benefit when providers are aware of:

- Medical trauma — both the patient's and the caregiver's.
- Anticipatory grief and ambiguous loss.
- System fatigue — navigating healthcare bureaucracy.
- Isolation — especially if friends/family can't relate to rare disease realities.



Crisis Response Plan



This checklist is designed to help caregivers in the Rare Disease community manage their own emotional wellbeing during times of crisis.

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SUPPORT CONTACTS *List friends, family, and professionals for emotional support:*

NAME: _____	CONTACT: _____
NAME: _____	CONTACT: _____
NAME: _____	CONTACT: _____
NAME: _____	CONTACT: _____

Who I can vent to: _____	Who can offer tangible support: _____
Who makes me laugh: _____	Who makes me feel safe: _____

(RESCUE) Self-Care Kit Ideas

- | | | |
|---|--|--|
| <input type="checkbox"/> Healthy Snacks | <input type="checkbox"/> Soft Blanket | <input type="checkbox"/> Puzzles/ Apps |
| <input type="checkbox"/> Water Bottles | <input type="checkbox"/> Scented Candles | <input type="checkbox"/> Music Playlist |
| <input type="checkbox"/> Sweet Treat | <input type="checkbox"/> Stress Balls | <input type="checkbox"/> Photo Album |
| <input type="checkbox"/> Comfort Item | <input type="checkbox"/> Favorite Book | <input type="checkbox"/> Sketchbook or Coloring book & Pencils |
| <input type="checkbox"/> Herbal Tea | <input type="checkbox"/> Journal | <input type="checkbox"/> Affirmation Cards |

Healthy Habit Checklist

- | | | |
|--|--|--|
| <input type="checkbox"/> Take a Break During the Day | <input type="checkbox"/> Connect With a Support Person | <input type="checkbox"/> Communicate my Needs |
| <input type="checkbox"/> Set Limits and Boundaries | <input type="checkbox"/> Take a Walk or Exercise | <input type="checkbox"/> Attend a Peer Support Group |
| <input type="checkbox"/> Meditate or Deep Breathe | <input type="checkbox"/> Take a Nap/ Rest/ Sleep | <input type="checkbox"/> Creative Outlet: Drawn, Paint, Sketch, Journal, Write, Bake |
| <input type="checkbox"/> Hydrate and Nourish | <input type="checkbox"/> Limit Alcohol and Caffeine | |

Post-Crisis Reflection

What I learned:

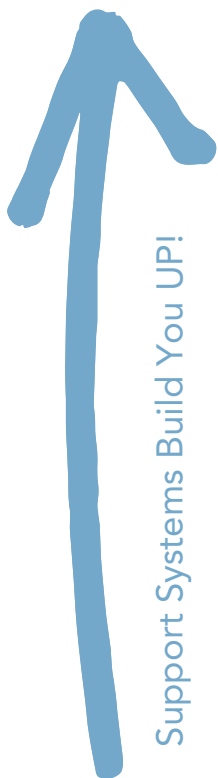
Post-Crisis Checklist

- | | | |
|--|---|--|
| <input type="checkbox"/> Plan a Visit with Someone from your Support Network | <input type="checkbox"/> Get a Health Check-up for Yourself | <input type="checkbox"/> Update Your Crisis Plan |
| <input type="checkbox"/> Practice Deep Self-Care | <input type="checkbox"/> Re-Balance your Focus (Take Time for Siblings, Other Family Members) | <input type="checkbox"/> Consider Peer Support or Professional Support Options |

CREATING SUPPORT SYSTEMS

Rare Caregivers and patients often feel isolated and find it challenging to connect. 51% report difficulty in maintaining friendships and 53% report feeling alone*. Since the rare care journey is often emotional and difficult, it is important to prioritize support. Research has shown that supportive relationships have many benefits. These include reducing stress, depression and anxiety; living longer; having higher levels of well-being; and acquiring better coping skills. So how do you build strong support systems? Figure out what kind of support you need then work on building and sustaining them. Yes it takes energy, but you will get so much in return.

Type of Support Needed



Different relationships check particular boxes. When you have limited time and energy, be intentional about the relationships you build & the people you surround yourself with.



Tangible

A service or a favor; reinforces that it's healthy to ask for help when needed and accept the help



Emotional

Acceptance, understanding, reliable encouragement and empathy; reminder that we are not alone



Affirmational

Feelings that build your motivation and respect your efforts



Informational

Receiving positive, supportive information or new knowledge; provides support without an emotional connection



Belonging

Belonging to a community or peer group that understands your beliefs and/or situation

Tips to Sustain Support Systems

- Respect boundaries
- Accept help
- Be available
- Be honest
- Be patient...it takes time to develop
- Stay in touch
- Reciprocate: support their successes and share appreciation
- Engage when it's healthy



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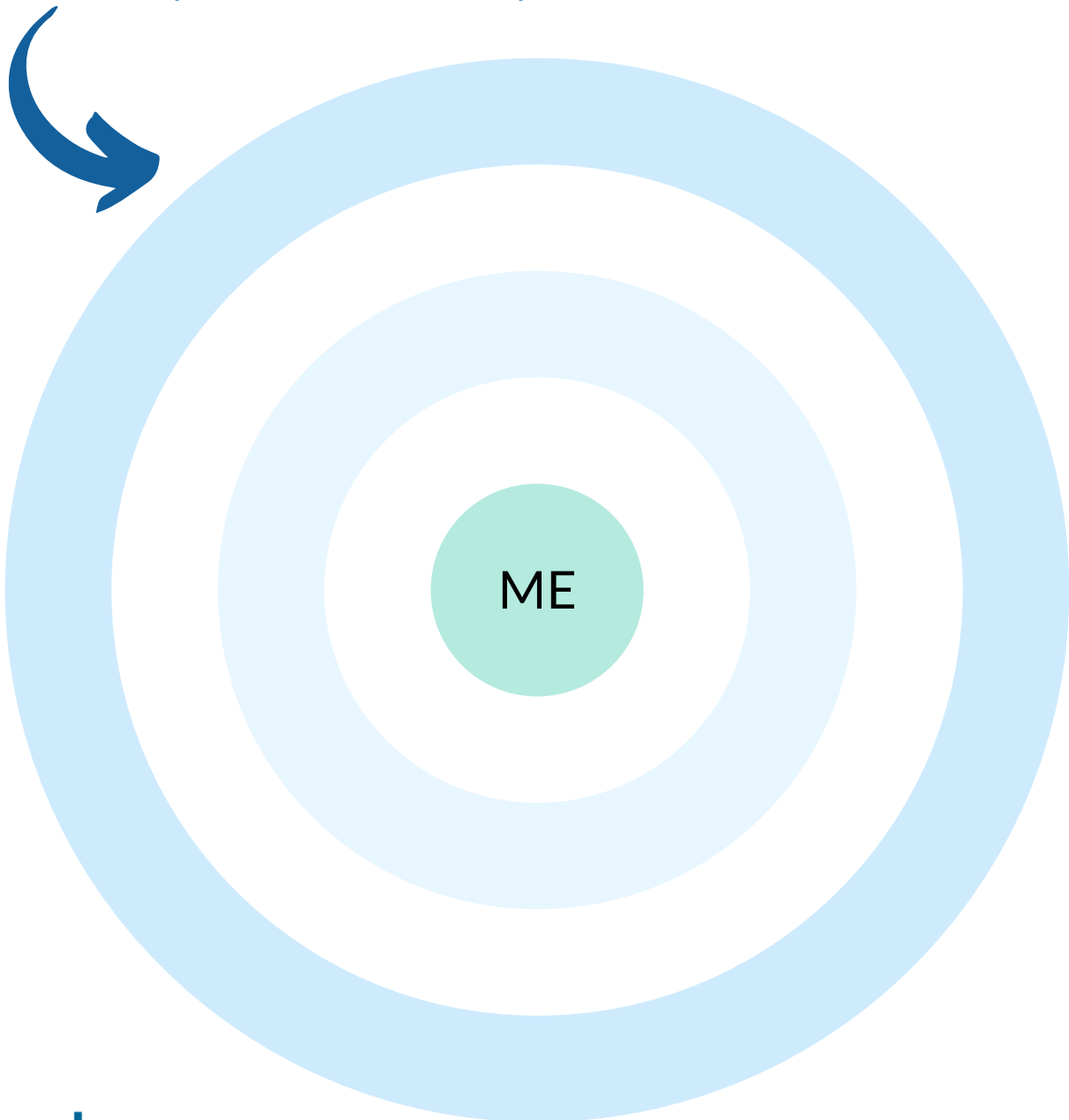
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My Support System

Building a strong support network is often a lifelong pursuit for many of us. According to researchers, the ability to seek support is closely tied to our mental health. It's important to emphasize that simply having access to social support is not sufficient. What truly matters is actively choosing to utilize and engage with those social supports available to us.

Write down who is in your system and make a commitment to reach out to these people and develop more relationships.

Center to outside: Me, Family, Extended Family & Friends, Acquaintances, Professionals & Helpers



My Support System Exercise

3 people I trust the most:

.....
.....
.....

People I can text sad/happy memes to:

.....
.....

Qualities that I look for in a supportive relationship:

My support needs:

People I want to invest in:

Relationships to reinvigorate:

Relationships to let go of or change:

Gaps in my support system

A person who I will let see me ugly cry and talk about my feelings:

Someone I can VENT to:

An online or in-person community where I can get support:



Emotions Tracker

Keeping It *Real*

This is for your personal use to help track how YOU are feeling as you balance work and life, make a check mark if you felt any of the below. Most of these are normal emotions. **However if you've had these feelings more than two weeks, stop and take action to get the help you need.**

Note: this is not a diagnostic tool. The goal is to become aware of your emotions so that you can track your emotional baseline and recognize when you need to reach out for help.

I am feeling...	1	2	3	4	5	6	7	8	9	10	11	12	13	14
"Off"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moody	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Angry and agitated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
That I want to be alone all the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Like I need to escape	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel like I have very little control over what happens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overwhelmed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Self-Regulation: Strategies for Emotional Balance and Resilience

Emotional self-regulation is about managing your emotions and reactions in different situations. It starts with self-awareness—noticing and understanding your feelings and what activates them. Once you're aware, self-regulation helps you handle tough emotions and express them in a healthy way.

self-regulation is important for managing stress, communicating well, and staying productive, even when things get difficult. It's not always easy, especially when dealing with competing priorities, unexpected problems, or personal challenges.

Challenge: For the next 6 weeks, practice one of these self-regulation techniques per week.

Self-Awareness: Understand and Recognize Emotions

- Check-In Regularly:** Take short breaks to notice how you're feeling. Are you stressed, calm, frustrated, or content?
- Recognize Activators:** Notice what sparks your emotions, whether it's a specific event, interaction, or thought. Understanding these activators helps you prepare for and manage your emotional responses more effectively.
- Label Feelings:** When you feel a surge of emotion, identify it. Simply naming feelings (like anger, anxiety, or joy) can lessen their intensity and help you think more clearly.

Use Positive Self-Talk

- Reframe Negative Thoughts:** If you're feeling overwhelmed, change your inner dialogue. For example, replace "I can't do this" with "I'm finding this hard, but I can take it one step at a time."
- Affirmations and Encouragement:** Remind yourself of past successes, and use affirmations to build confidence, like "I am capable" or "I have managed challenges before."

Practice Gratitude and Self-Compassion

- Focus on Positives:** Spend a few minutes each day reflecting on things you're grateful for, as this can shift your mindset toward positivity.
- Forgive Mistakes:** Be kind to yourself when you fall short. Accept that setbacks happen, and focus on learning from each experience.

Develop a Healthy Routine

- Establish Regular Sleep and Nutrition Habits:** Adequate rest and a balanced diet play a big role in mood and resilience, helping you stay in control when faced with challenges.
- Set Time for Reflection:** Daily or weekly, take time to reflect on what went well and where you could improve, allowing you to make adjustments with intention.

Pause Before Responding

- Use a Cushion Before Responding:** When emotions are activated, your rational brain needs time to catch up. Responding in the heat of the moment can escalate conflicts. Instead, create a "cushion" by pausing—take a brief walk, sip some water, or give yourself a moment to cool down—before you react.
- Don't Feel Pressured to Respond:** When our buttons are pushed, we might need some time to percolate before we respond. Sleep on it (if you can), what seems critical in the moment can seem like no big deal after a good night's sleep.


Build a Support Network

- Talk It Out:** Find a trusted friend or mentor you can turn to for advice or a listening ear. Sharing challenges helps you find solutions or see.
- Encourage Accountability:** Having someone who knows your goals can help you stay on track and offer encouragement. Find an accountability partner!

Reflect: Which one(s) worked the best for you?

Release and Rise

Each balloon symbolizes something you wish to release, paving way for personal growth and opportunities. Reflect on areas of your life like relationships, habits, self-doubts, and fears, noting down what you wish to let go in each balloon. Acknowledge their impact on your life and why you're ready to release them.



Visualize yourself letting go of each balloon, allowing them to rise higher and higher until they disappear into the sky. As they disappear, embrace the space you have created for new beginnings.

"Let go of what no longer serves you, not to create emptiness, but to make room for what inspires and ignites your spirit."

