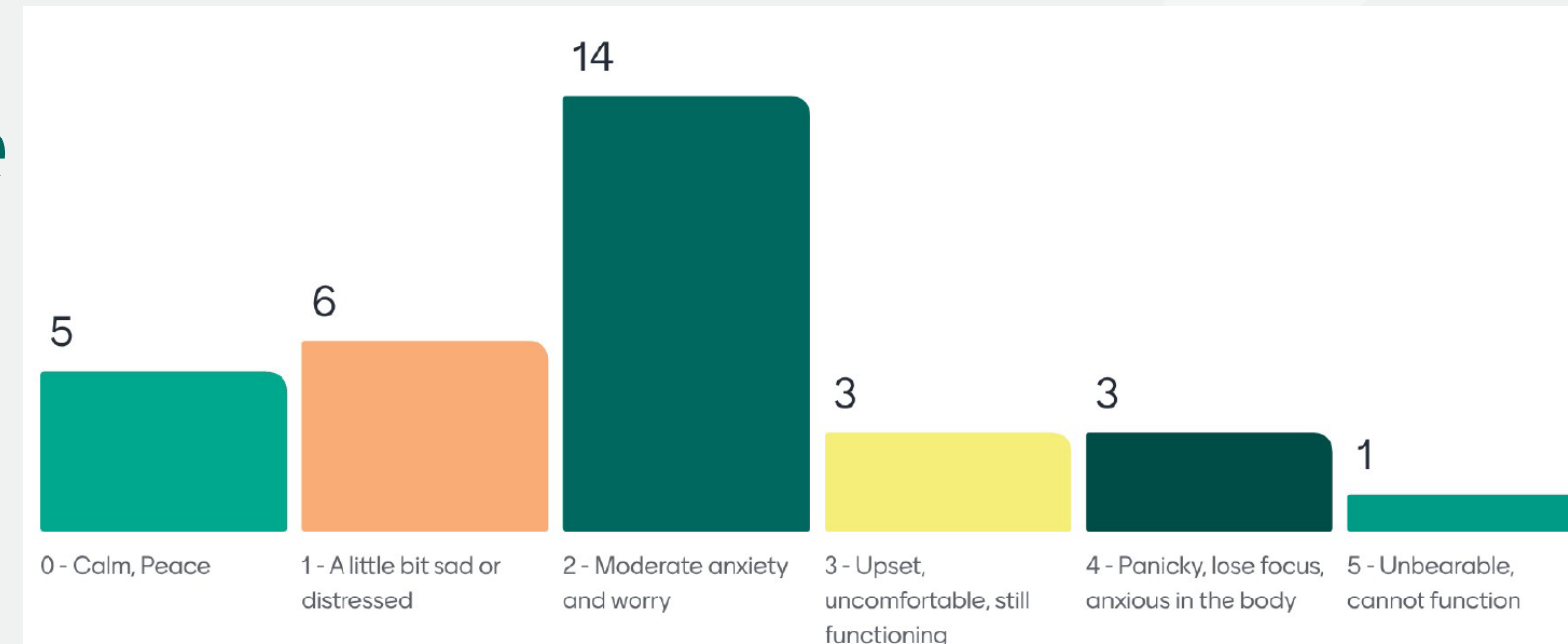
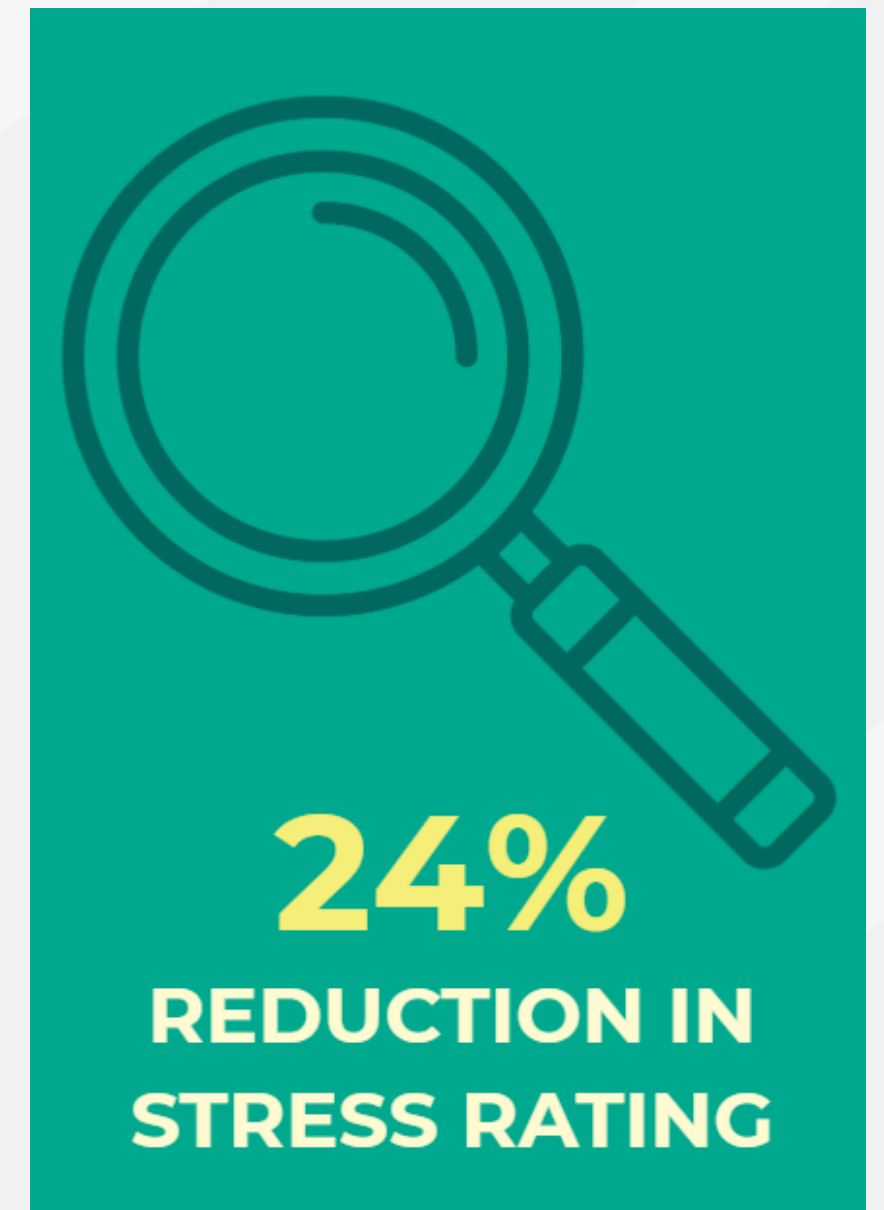
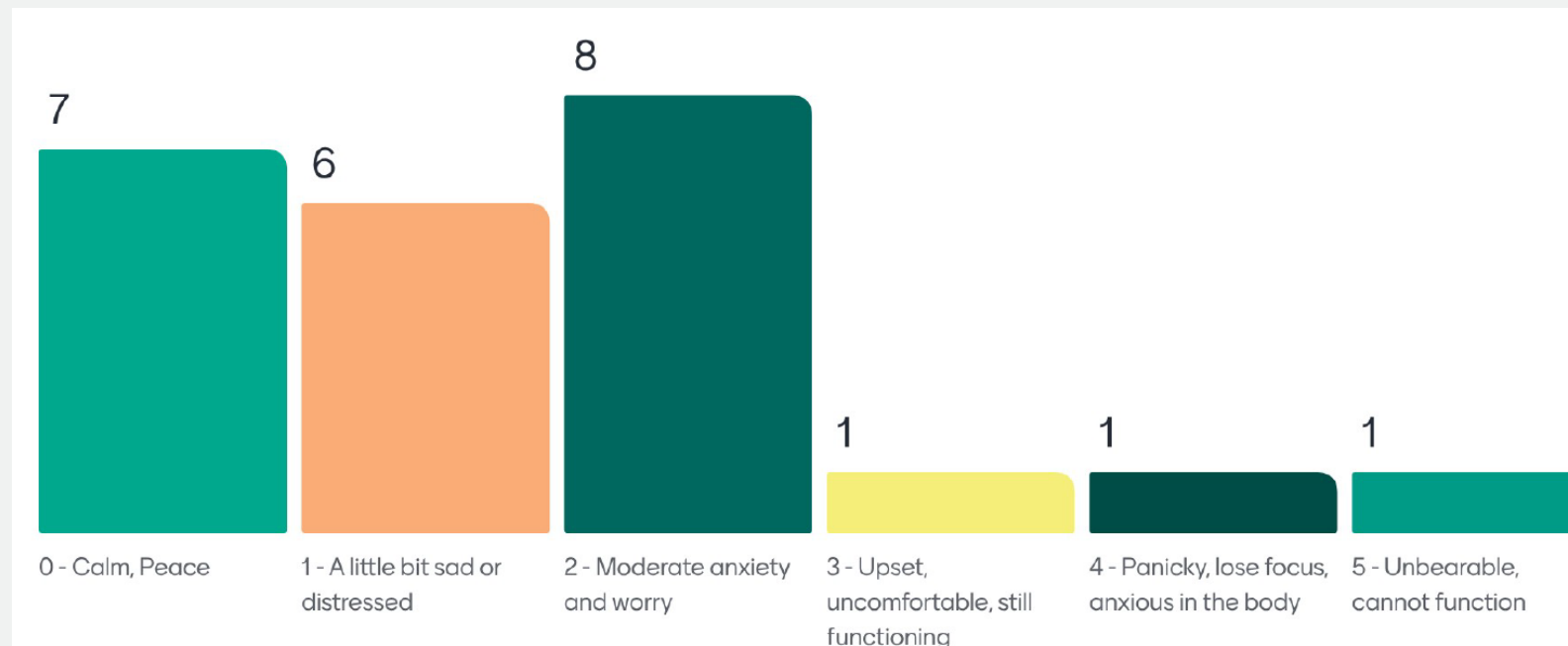


Self-Assessment

Before Self-Care & Connection



After Self-Care & Connection



“RADICAL ACCEPTANCE

is *accepting* what is not
under our control and
embracing what is
happening now in a
non-judgmental way..

-Dr. Marsha Linehan

What We Know

Our brains are survival brains.

Our brains strive for predictability.



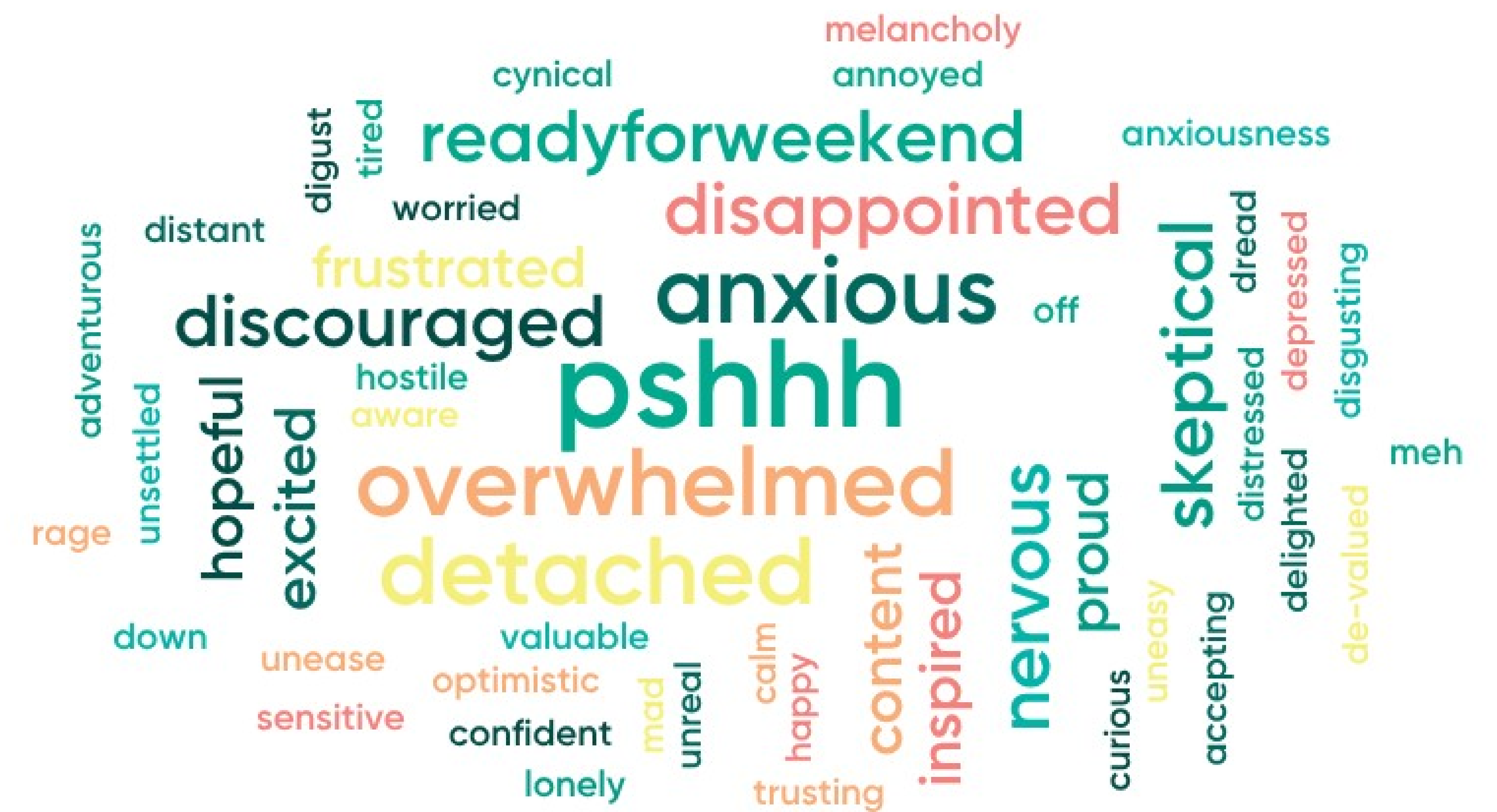
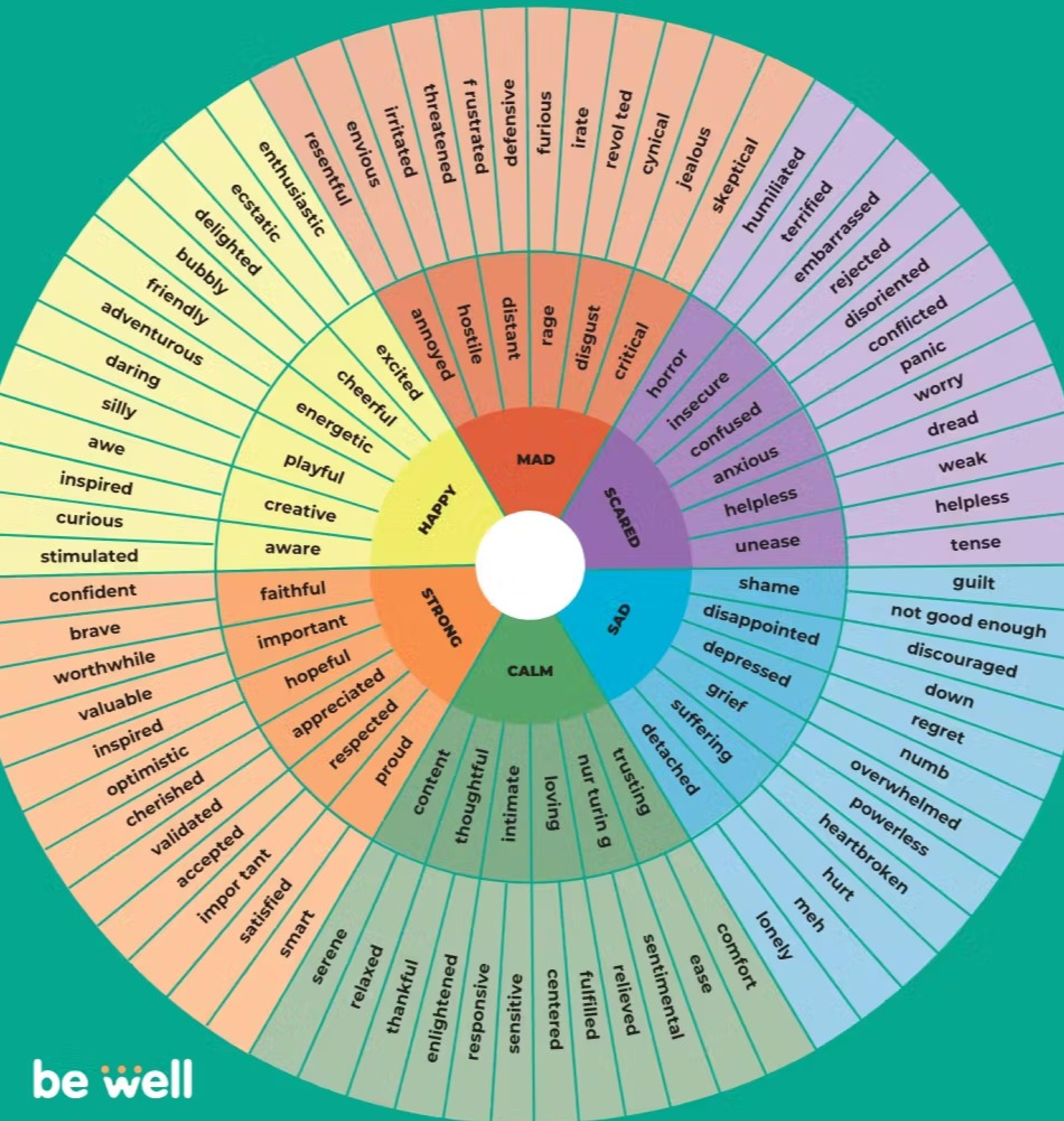
Navigating Change *Tips*

 **Tune In & Hold Space**

 **Breathe & Let Go**

When we resist reality, our bodies can physically hold tension. Deep breaths can allow us to ground ourselves in the moment. Letting go of judgement allows us to experience things as they actually are.

Name your emotions, nonjudgmentally:



What are you having to let go of? What will be new for you?

| | | | |
|---------|-----------------|--------------------------------|------------|
| Control | Kids moving out | Letting go of hopes and dreams | control |
| Control | Control | Old habits | Bad habits |

What are you having to let go of? What will be new for you?

Aging

Knowing

Perfection

It

Acceptance of reality

Control

Can't do everything
myself.

Just being

What are you having to let go of? What will be new for you?

Son growing and making his own decisions , not including me

Fear of failure.

control, new life changes

Opportunity

freedom

Letting go of family

Perfection

"The way things used to be"

What are you having to let go of? What will be new for you?

Bad eating habits. My health will be better than it has been in a while!

Acceptance of loneliness

Control

Brain Health Besties



A new podcast to help
you feel your best.



**We're mental health experts
making self-care easy.**

Scan the QR Code to learn more
or visit qrco.de/BrainHealthBesties



be well

BURRELL
MENTAL HEALTH



On Spotify
and
Youtube

be well community

on  Spotify

Experience the healing power of music with
the Be Well Community Spotify Playlist!



Let's Connect!



bewellcommunity.org



bewell@livebrightli.org



[@brainhealthbesties](https://www.instagram.com/brainhealthbesties)



[@brainhealthbesties](https://www.youtube.com/brainhealthbesties)