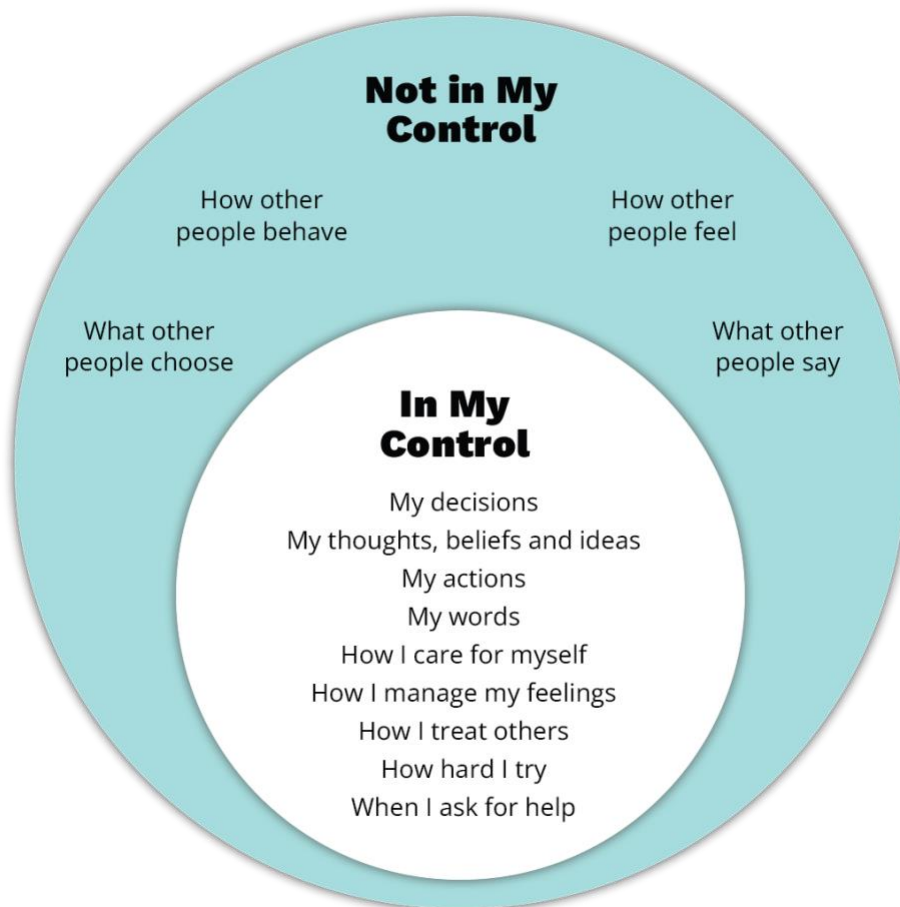


Developing Mentally Healthier Communities Through Sport

Let's Take a Time Out to Think



Ask yourself...

- What is bothering me?
- Do I have direct control, or is it out of my control?
- How much time/energy does it make sense to put into solving this?
- Will this matter in six weeks? Six months? A year?
- What strengths and supports do I have to help me?
- What would someone I respect say or do in this situation?

