



FIVE FOR FAMILIES IDEA

Boost Your Inner Strength

Guiding your family through tough times can feel overwhelming. While there is no magic formula, there are things you can do to increase your ability to cope.

Acknowledge feelings: Consider what you're feeling, why and how it is affecting your life.

Be kind to yourself: Have confidence in your ability to manage stress and find solutions.

Remember your strengths: Build your confidence by thinking about how you have overcome past challenges.

Make a plan: Even if the options are limited, planning your next steps can be helpful.