

Note to Self: You've got this.

I make a
positive
impact on
others.

I am capable
of handling
any situation.

Each new
day is an
opportunity
to grow.

Today is a
good day for
a good day.

I embrace
my best
self today.

I am strong,
resilient, and
inspiring.

It's okay to
start over
and try
again.

It is
enough
to do my
best.

I can be my
authentic
self.

If you've tried healthy coping strategies and still feel overwhelmed, ask for help. If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org.** Visit **SDBehavioralHealth.gov** for behavioral health resource information.