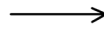


Reframe Your Thoughts

Change your words to change your mindset!

"I'm going to do it wrong."



"Mistakes are how I learn and grow."

"I can't deal with this."



"I can do this one thing at a time."

"I'm not good enough."



"I am enough, just the way I am."

"They're better than I am."



"What can I learn from them?"

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](https://www.sdbehavioralhealth.gov)** for behavioral health resource information.

