



Day 10

Journal Prompt: What is the hardest thing you ever had to do? How did you get through it?

Activity 1:

Have one person (person A) stand against the wall while the other (person B) stands across the room. Start having a conversation, then have person B start walking slowly towards person A. Notice person A's body movements, tone of voice, etc. as you get closer. Could you tell when they started to feel uncomfortable? Noticing someone's body language can help you make them feel comfortable and lead to a more productive conversation!

Activity 2:

Hold hands with someone.
Tangle yourselves up by twisting around and stepping over each other's arms. Don't let go of each other's hands!
Have another person come in and try to untangle you!

Turn your demons into art,
your shadow into a friend,
your fear into fuel, your
failures into teachers, your
weaknesses into reasons
to keep fighting. Don't
waste your pain. Recycle
your heart.

ANDREA BALT

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