



Day 24

Journal Prompt: List 5 successes you have had in your life. Why do you consider them successes?



Activity 1:

Try and utilize “I statements” next time you are feeling bored, frustrated or having a disagreement with someone. “I statements” can help ease tension and help the other person understand you better. Follow the prompt: “I feel _____ when you _____ because _____”

Activity 2:

Take a virtual tour! You can visit museums, theme parks and zoo’s while staying at home! Follow the link below, and check out different places around the world.

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>



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