

7 STRATEGIES FOR MAINTAINING
positive emotions
IN TOUGH TIMES

by Dr. Gloria Morrow

**DEVELOP AN
ATTITUDE OF
GRATITUDE**



**SURROUND
YOURSELF WITH
POSITIVE PEOPLE**



**FORGIVE THOSE WHO HAVE HURT
YOU (INCLUDING YOURSELF) &
CONNECT TO YOUR SPIRITUAL
SOURCE IF APPROPRIATE**



**DISCOVER WAYS TO
GET INVOLVED IN
HELPING OTHERS**



**LEARN HOW TO
LAUGH AGAIN**



**PRACTICE
MINDFULNESS
STRATEGIES**



**ENGAGE IN
CULTURAL HUMILITY**

