

JULY WELLNESS SERIES

Week 4: **BUILDING RESILIENCE FOR THE ROAD AHEAD**

Resilience isn't about never struggling. It's about finding ways to move forward, one step at a time, even when life feels uncertain.

*You've got strength.
Keep going. ♥*



This Week's Reflection

Take a moment to reflect:

- ✓ What have I learned about myself?
- ✓ What strengths have helped me through this season?
- ✓ What is one hopeful step I want to take next?

Every step forward matters.

WHAT CAN HELP THIS WEEK?



CELEBRATE SMALL WINS.
Every step forward counts. Notice and celebrate the progress, no matter how small.



FOCUS ON PROGRESS, NOT PERFECTION.
There's no timeline for change. Give yourself permission to move at your own pace.



PRACTICE SELF-COMPASSION.
Be kind to yourself. Speak to yourself the way you would speak to a good friend.



LEAN INTO YOUR SUPPORT NETWORK.
Reach out to family, friends, coworkers, and community supports when you need them.



KEEP LOOKING AHEAD.
Set one realistic goal each week. It can help create momentum and bring a sense of purpose.



TRUST IN YOUR STRENGTH.
You've faced challenges before, and you have the ability to navigate what's ahead.

*Resilience isn't about never falling—
it's about finding the strength to
keep moving forward.
ONE DAY AT A TIME.*



Safe Haven
SAULT STE. MARIE



REMEMBER: SUPPORT IS AVAILABLE

If you're finding this transition difficult, you don't have to face it alone. Safe Haven SSM offers free drop-in counselling for USW Local 2724 members and their families.

DROP-IN COUNSELLING HOURS



WEDNESDAYS
10:00 A.M. – 12:00 P.M.



THURSDAYS
5:00 P.M. – 7:00 P.M.

info@safehavenssm.com



Take care of your mental health today.
FOR YOU. FOR YOUR FAMILY. FOR YOUR FUTURE.

