

# FOCUS ON THE

# BIG PICTURE

## **Identify** the challenging situation.

Identifying the situation and your emotions is the first step toward figuring out what you need. Remember, all emotions are okay!

## **Ask Yourself:**

*What makes this situation challenging?  
What emotions am I experiencing?  
What is causing my emotions?*

## **Assess** the urgency and impact.

Assessing the impact and urgency can help you decide whether you can cope on your own, or whether you need outside support.

## **Ask Yourself:**

*Am I currently in crisis?  
How is the situation impacting my life?  
Will the situation resolve on its own?*

## **Address** the situation.

Take actions within your control. Use coping strategies to address your emotions, such as mindfulness exercises and asking for help.

## **Ask Yourself:**

*What's within my control?  
What actions can I take?  
What do I need?*

## **Reflect** on your growth.

Even the most challenging situations offer opportunities for learning and growth. If there is a silver lining, notice that too!

## **Ask Yourself:**

*What have I learned?  
How have I changed?  
What can I do next time?*