

Fifteen Rules for Stressful Times

- Never betray your core values.
- Keep looking at your primary goals.
- Survival is a choice.
- Stick with the truth.
- Focus on the positives you see, and look for more.
- Slow down.
- Ask for more help.
- Pick your battles.
- Respect invisible losses.
- The past is no excuse. It's only what happened so far.
- Be good to yourself in small ways.
- Try to change what you can. Try to accept what you cannot change. Try to remember which is which.
- Create a safe haven at home.
- Instead of the problem, focus on the solution.
- Care for those who care for you.