

19 SURVIVAL SKILLS

1. Worship music
2. Gratitude
3. Journal
4. Go outside
5. Routine
6. Talk someone
7. Admit your feelings
8. Help others
9. Breathe
10. Grieve
11. Show appreciation
12. Move
13. Find Beauty
14. Look for blessings
15. Check on someone
16. Fast
17. Pray
18. Trust
19. Pass it on