



it starts
within

Be Empowered

Your mindset can make all the difference during hard times.

We can't choose how our day goes, but we can choose how we think about it. Empowered thinking can help you notice and appreciate the good things in your life, and the strengths you have. This skill can also help you move past negative thoughts, and keep difficult situations in perspective.

Try these tips to get in the habit of practicing empowered thinking:

Take a moment

to think about something that went well each day, and what you did to help make it happen.

When facing difficult times,

try reflecting on problems you overcame in the past.

Sometimes things are just hard,

and the best thing we can do is to simply acknowledge them. Instead of getting caught up in negativity, try to look at it as something that is simply happening, and ask yourself what you can do next. Hard times can help us see what needs to change, and take the next step.



LEARN MORE

PASS IT ON!

When you allow your child to learn from little disappointments at an early age, you help them to create the skills they need to successfully handle the bigger disappointments as they get older. Learn more about how to do this.



Connecticut Office
of Early Childhood