

What is NOT Helpful

It's important to know what is NOT helpful when your mood is slipping or when it's low.

1) What I do:

What that leads to:

Why it's not helpful in the long-term:

2) What I do:

What that leads to:

Why it's not helpful in the long-term:

3) What I do:

What that leads to:

Why it's not helpful in the long-term:
