What Everyone Needs To Hear Right Now!

No matter where you were 10+ weeks ago, where you have spent the last 10+ weeks or where you are going to be in the coming days and weeks, work or home, positivity is important in all areas of our lives. Before the COVID-19 pandemic, most employees spent more time at their workplace, compared to the time they spent with their families. This shifted when everyone was required to stay in their homes for theirs and everyone else's safety. What we thought was going to be a few weeks turned into 10+. Our outlook on life was subjected to a roller coaster of emotions. Now, with restrictions slowly being lifted, some find themselves riding that rollercoaster again. Is it too soon? Is it happening too fast or too slow? Are you returning to work but now need to find care for your loved ones?? So many pieces starting to turn again. So what can we do for ourselves, our family, our staff and all others we come across?? Positive energy and words of encouragements are our first steps! Here are some positive words to give to those who need to hear them. It may be you or someone on social media you come across. Send a text to a friend or loved one. Anything we can do to support one another... now and in the future.

For Workers: There are many challenges that come with any work, but they soldier on regardless. Irrespective of whether you love your job or not, work can be a little demanding. Getting words of encouragements at your place of work or even outside work will give you morale to continue doing a great job.

- Challenging duties only come to those who can handle the heat.
- You are an asset your organization cannot afford to lose.
- You have the potential to be anything you want to be.
- Laughter is the best medicine.
- You only have one life, make the best out of it.
- Take each day as a learning day to learn new ideas.
- Hard work never goes unrewarded
- There is time for everything. Time to work, and time to rest
- Despite the number of times you fall down, always stand up, and continue the race.
- Every challenging task comes with something new to learn. Take advantage of the wisdom gain and quit complaining about the challenge.
- Your vast wealth of knowledge and experience is irreplaceable.
**For Friends:** Close friends are not only our companions in joy, but also a great support in times of misery. When things seem awry, encouragement coming from a true friend can at least help one endure the situation with some amount of ease.

- Do what you can, where you are, with what you have.
- Instead of giving yourself reasons why you can’t, give yourself reasons why you can.
- When you come to the end of your rope, tie a knot and hang on.
- Don’t be discouraged. It’s often the last key in the bunch that opens the lock.
- Everything will be OK in the end, if it’s not OK, it’s not the end.

**For Teens/Students:** The life of a teenager is very hard. There is so much peer pressure to fit in a group. A lot more pressure to keep up with the latest trends, to beat your peers. You just got your boy/girlfriend, and you have to up the game. Teenagers need words of encouragement to help them get through this stage of their life successfully. Words of encouragement are also important to remind students that hard work never goes unrewarded even while school is technically “not in session”.

- Surround yourself with positive people.
- You still have a long life ahead of you.
- Think before you act. It will save you from making wrong choices.
- Life is not always rosy, handle uncomfortable situations head on instead of running away from them.
- Happy people don’t have best things, they make the best of what they have.
- You always have a choice. Just know that choices have consequences.
- You are a shining star in your life. Keep shining brighter.
- A journey of 1000 miles starts with baby steps.
- Your potential is unlimited.
- Nothing should stop you from scaling higher heights.
- Identify your hidden talents and make good use of them.
- There is always time for everything.

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**safeTALK:** Suicide Alertness For Everyone
Friday, 26 June 2020 — 0900-1200/1300-1600
Friday, 10 July 2020 — 0900-1200/1300-1600
Army Substance Abuse Program (ASA) Prevention Services, Bldg. 12050 4th Armored Division Drive, Ft Drum

**NATIONAL SUICIDE PREVENTION MONTH**
Friday, 4 September 2020

**STRESS TRIGGER AND RESILIENCE BUILDERS**
3rd TUESDAY of every month
0900—1100

Join the Employee Assistance Program Coordinator to learn ways to manage your stress at Work/ Home and Increase Resilience.

**Stone Art Therapy**

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**Army Substance Abuse Program (ASAP)**
10250 4th Armored Div. Dr.

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**Class Dates ——>
May June July August
5, 12, 19, 26 9, 16, 30 6, 13, 20 7, 14, 21

EVERYONE IS WELCOME to stop in anytime 1100-1500!!!

Classes held at:
Army Substance Abuse Program (ASAP)
10250 4th Armored Division Dr.