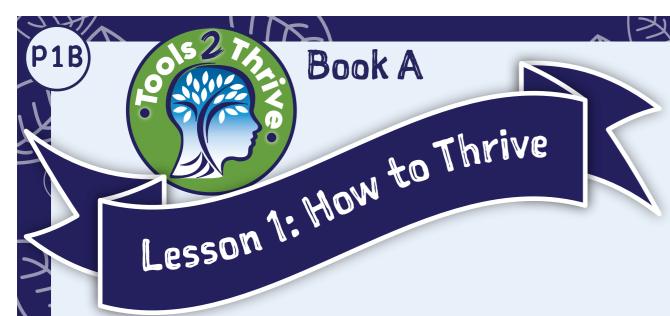


To thrive is to have good levels of well-being and to mostly feel confident, happy and good about yourself and your life. When you are thriving, you are growing into the best version of yourself and reaching towards your potential. You feel connected to others and you understand that you can have a positive impact on the people around you and the wider world too. You feel resilient and trust yourself to be able to cope with the challenges and difficulties of life. You believe in yourself and know that you are good enough, just as you are.

Thriving doesn't mean feeling happy and positive all of the time, it means understanding that all of your emotions are important and having helpful ways to deal with difficult emotions.

In order to thrive, you must first make sure that you know how to guide your **brain** and **nervous system** into thriving mode, which means feeling **safe**, **calm** and **connected**. This is known as **regulating** the nervous system. From this calm state, you can then guide yourself to become **energised** and **empowered** whenever you need to.



Aim to do 3 of your 'little things' every day to give you a daily DOSE of the feel-good chemicals:

Dopamine
Oxytocin
Serotonin
Endorphins

