

# be nice. to yourself – protective factors

**“You, yourself, as much as anybody in the entire universe, deserves your love and affection.” - The Buddha**

**“Every day begins with an act of courage and hope: Getting out of bed.”  
– Mason Cooley**

**Today’s Date:**

**Choose six protective factors from the following list to EMPOWER yourself today.**

- **I have access to mental health services.** Which services? \_\_\_\_\_.
- **I will utilize mental health treatment.** Which treatment? \_\_\_\_\_.
- **I plan to engage in an activity that I enjoy.** Activity: \_\_\_\_\_.
- **If I am needing more positivity, I will call someone.** Who? \_\_\_\_\_.
- **To get my feel-good chemicals activated, I will exercise today.**  
What activity? \_\_\_\_\_.
- **One thing that I am proud of is** \_\_\_\_\_.
- **One thing that I love about myself is** \_\_\_\_\_.
- **I am feeling close to** \_\_\_\_\_ **because** \_\_\_\_\_.
- **One thing that I am looking forward to is** \_\_\_\_\_.
- **I am going to read today.** Which book? \_\_\_\_\_.
- **I am going to see someone that I love today.** Who? \_\_\_\_\_.

**It is during our darkest moments that we must focus to see the light.  
– Aristotle Onassis**

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