**HEADSTRONG NOTES**

**Be Brave, Reach Out, Speak Up**

Jim Demery:

* Slowing drip of water
* Yes person, pouring water in glass, monitor so water will slow down
* Build a bigger glass, resilience
* Stress vaccine, put self out of comfort zone slowly, challenge self
* Drain all water from glass, wake up next day feeling good and less stressed, make time/carve time to decompress, do things you love

Other great points throughout the day:

* It is not your fault
* Not defined by one single petal, defined as a flower
* “No matter what people tell you, words and ideas can change the world”
* It’s okay to have anxiety
* It’s okay to not be okay
* It does get better
* It’s a journey, takes friends, family, doctors, teachers and counsellors.
* There will be bad days. But look forward to the good days
* “Make today count. Pain doesn’t go away and neither will the strength”
* It’s not a race, It’s a marathon
* We ourselves can be our worst enemy