

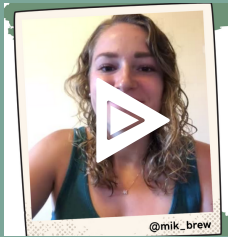
YOU ARE UNSINKABLE

make yourself a priority with

click  to see

HOPE

Create notes of hope for yourself in a box to read when you are going through a challenging time.



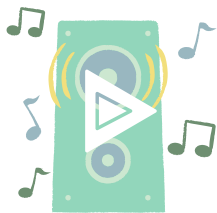
GRATITUDE

Start your day by choosing gratitude with Olympian Silken Laumann.



EXERCISE

Care for yourself through physical activity. Turn up the music and have fun with GoodLife Fitness.



MINDFULNESS

Sit down with Unsinkable's Community Champion Pamela Fitzgerald in a guided meditation. Picture yourself in a safe place, and think about what your future self would share with you.



HELP

Help, helps. Care for yourself with L BounceBack, a free guided self-help program courtesy of Lumino Health.



SUPPORT

Please don't go through it alone, please reach out. [Kids Help Phone](#), [Good2Talk](#) & [Crisis Text Line](#) is here for you.

