

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #5: REACH OUT TO SOMEONE



Maya Angelou, beloved American poet and educator, once wrote, “If one has courage, nothing can dim the light which shines from within.” Maya Angelou encouraged us to know that we are stronger than we think, but do you know that strength can also be seen in asking for help?

So much of what we do every day takes courage. Making the choice to ask for help during difficult times or to reach out to someone for support takes courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. When you make choices to help you feel better, even though they may be difficult for you, you’re practicing courage. Everyday acts of courage help you overcome situations like being flexible to the “new normal”, solving conflicts that arise, or stating an unpopular opinion in challenging times. There are opportunities to be courageous every day and practicing courage can have tremendous benefits for yourself and others.

### Practice Courage Today:



1. WRITE DOWN HOW YOU ARE FEELING WHEN STRESSED. DESCRIBE YOUR THOUGHTS OR HOW YOUR BODY FEELS.
2. IDENTIFY WHO YOU TALK TO ABOUT YOUR FEELINGS, SUCH AS A FRIEND OR PARENT.
3. PRACTICE WHAT YOU MIGHT SAY BY READING YOUR NOTE OUT LOUD.
4. YOU CAN READ YOUR NOTE OUT LOUD TO YOUR FRIEND OR PARENT, AND ASK THEM WHAT THEY DO WHEN THEY ARE FEELING STRESS.

### Parent Practice Tip:

**Talk to your children when you are stressed, and model how you communicate about your emotions. Encourage them to talk to you when they are feeling stressed and need help.**

### To Learn More:

**EnCOURAGE your Neighbors**  
**“Brave” by Sara Bareilles**  
**Choose Love Extensions**

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)