

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: BUILD RECIPROCAL RELATIONSHIP WITH SCHOOL/JOB



**Do you feel like you could have more support at your school/job? Do you also not know how to pay it forward? Learn how to support your school/job and ask for support in return.**

It can be difficult working in an environment where you do not feel supported. You can start to feel unappreciated, isolated, and frustrated by the lack of a sense of community. However, it does not need to be that way. It is okay to ask for help and it is important to mention how your school or job can best support you. Think about the others around you who are also feeling the same way or the people that will come after you. All it can take is a little nudge and mentioning a way your school or job can support you, that can cause a trickle down effect where it helps not only you, but also others around you by introducing more supports in the future. This isn't just done by one person though, and if you see that you have the privilege, use it to help support your school or job become better by recommending helpful resources and strategies.

### Practice Compassion Today:



1. THINK ABOUT DIFFERENT SUPPORTS YOU NEED THAT YOUR SCHOOL / JOB CAN PROVIDE (I.E. MORE CULTURAL AWARENESS)
2. TALK TO SOMEONE AT YOUR SCHOOL / JOB THAT YOU TRUST, SUCH AS AN ALLY, AND ASK FOR THEIR SUPPORT ON DIFFERENT WAYS THIS SUPPORT WILL BE HELPFUL.
3. WITH THE HELP OF YOUR ALLIES, MENTION TO YOUR SCHOOL / JOB THE DIFFERENT WAYS THAT YOUR SUPPORT CAN HELP YOU AND THE PEOPLE AROUND YOU HAVE A BETTER SCHOOL OR JOB ENVIRONMENT.
4. ALWAYS REMEMBER THAT WHEN YOU SHARE RESOURCES AND SUPPORTS THAT CAN BE HELPFUL TO YOU, THEY CAN ALSO HELP OTHERS LIKE YOU THAT NEED THEM AS WELL. THIS IS HOW YOU HELP YOUR SCHOOL / OR JOB BE PART OF A BETTER, MORE HEALTHY SYSTEM.



### Parent Practice Tip:

**Show different ways your child(ren) can ask for support from school. Show your child(ren) how to speak out for others in their classroom or anyone they meet who needs it.**

### To Learn More:

**What is Compassion?**  
**Increase your Self-Awareness**

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