



Day 22: Here's what you should know:

- 1.) First of all, as always, write down the 10+ things for which you are grateful that have happened in the last 24 hours. Keep trying to think of at least a couple NEW things you haven't added to your lists before, plus some repeats are totally fine.
- 2.) Be a screen door. I know that sounds weird, but hear me out:

Do you ever find yourself being brought down by the mood of those around you? Do you soak up the emotions and negativity of other people? It's absolutely normal if you do, but there are ways to fight that!

Think of yourself as a screen door. When you feel the harsh breeze of someone else's chaos/negativity/mood, you can still feel it (we don't want you to lose your empathy and not care), but then let it blow through you.

You don't have to hold on to other people's stress. You can empathize with them and comfort them without it bringing you down as well. Let it blow through you. This is NOT your stress, so there's no need to hold onto it and let it ruin an otherwise good day. Be there for that person, but stop soaking up their emotions like a sponge. It's hard, but doable, especially with practice. You have to catch yourself in the moment and realize

that your otherwise good mood has tanked because of someone else's stress or mood. And it doesn't have to. You can feel it (a screen door still can get slammed with a breeze), but then let it flow through you.