

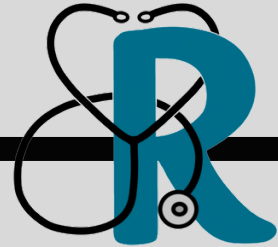
REACH FOR RESILIENCE

December
2022

reach4resiliencend.com

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Speak Up For *Peace* of Mind



Using assertiveness at work, home,
and especially during the holidays

You have the right to:

- say "no" without feeling guilt
- express your feelings
- ask for what you want
- disagree with others
- be treated with respect
- make mistakes & not be perfect
- be happy

Here is how to:

- believe in yourself
- be clear, direct, & calm
- remain positive
- use "I" statements
- have open body language
- use direct eye contact
- predict reactions & how to respond to them

You will gain:

- more holiday joy
- decrease stress
- less conflict
- more effective communication
- reduce anxiety & depression
- increase positive self image

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RESEARCH

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