

THE STORY OF ***BUILDING WALLS***

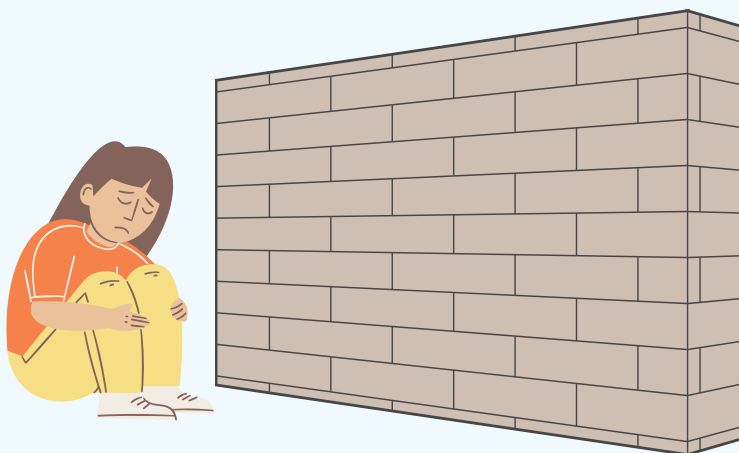
If you struggle with feeling worthy and/or loveable, you may build walls around yourself in order to protect yourself from further pain.

Once those walls are built...not only are they 'Preventing further pain', but those walls are also preventing any love, healing, positivity, that could come your way and help you to find balance within.

That's when **vulnerability** can help to build support systems.

SOME HELPFUL FIRST STEPS

- acknowledge your feelings
- talk things out with trusted loved ones or professionals
- write things out in a journal
- practice gratitude daily
- tap into things that bring you joy
- celebrate the little wins



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**Helping people
help themselves**