

Journaling Activity



Whether you have Bi-Polar or not, we all have our 'go to' reactions when life goes wonky. What do you do?

"Remember, the storm is a good opportunity for the pine and the cypress to show their strength and their stability."

- Ho Chi Minh-

How can you stop that reaction in its tracks?

Or, better yet, how can you prevent that reaction from starting?

Time Converse