



Sources - <http://eternallysunny.com/identical-triplets-england/>

Emotional Hygiene

- ❖ Take action when you are lonely
- ❖ Change your response to failure
- ❖ Protect your selfesteem
- ❖ Battle negative thinking

Create a word bank for discussion *By taking the action steps you will not only heal your wounds, but build emotional resilience and thrive*

People would be happier, more fulfilled and more empowered

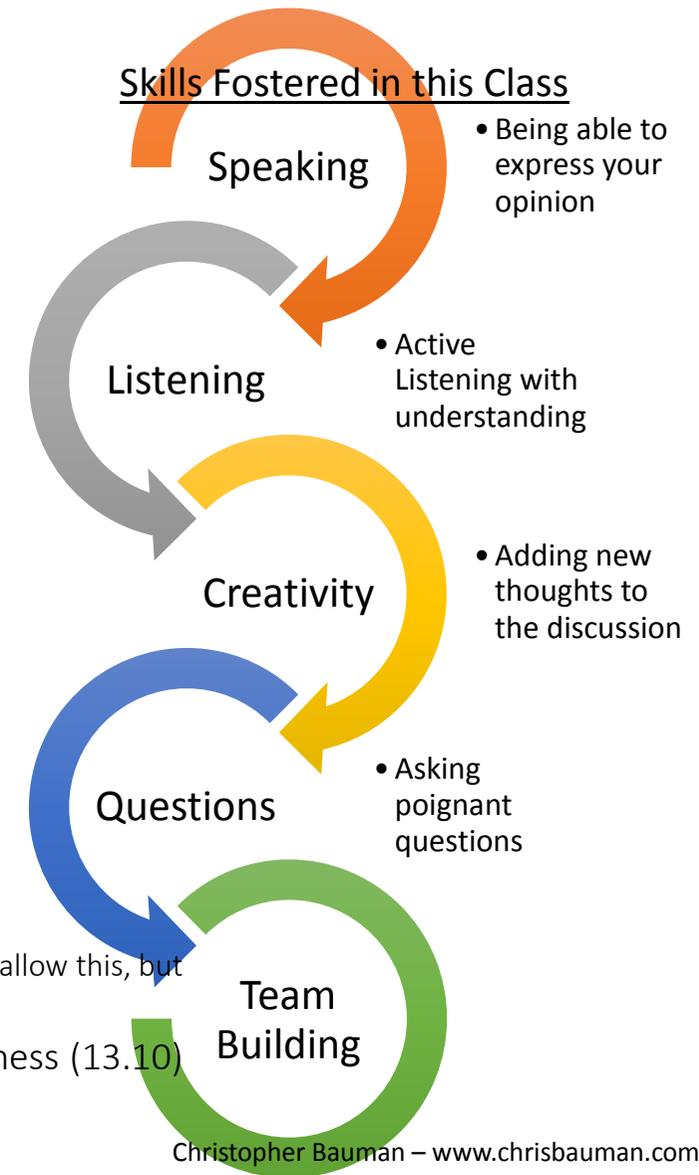
Change Rumination (13.40)

Become informed and change a few simple habits

Once you become convinced of something it is very difficult to change your mind (9.30) You should never allow this, but fight feelings of helplessness (10.45)

When your selfesteem is low, it takes longer to recover from lonliness, failure and lonliness (13.10)

Our quality of life can rise when you practice emotional hygiene (16.40)



1. What do we know about maintaining our psychological health? (2.10) _____ ?
2. How does failure impact your life? How does loneliness impact your life? How does loneliness impact your life? (2.50) _____ ?
3. Loneliness creates deep psychological wounds that distorts the mind and scrambles out thinking. (5.45) _____ ?
4. Loneliness is when you feel emotionally or socially disconnected from those around you (6.20) _____ ?
5. You cant treat a psychological wound if you don't know that you are injured (7.25) _____ ?
6. How does your mind react to failure? (8.50) _____ ?
7. If feeling rejection what negative comments do you say to yourself? (12.21) _____ ?
8. When people are ruminating it is necessary to create distractions (15.20) _____ ?

Change the way you think, when negative thoughts manifest

Advanced Question Words

Rejection is extremely painful

How do you react to failure?

Practice Emotional Hygiene

Psychological injuries include failure, rejection, loneliness

Loneliness makes us afraid to reach out

Rejection is a lucky escape

Failure is learning

Loneliness is as bad for your health as cigarette smoking

- By battling negative thinking, you wont just heal your (7.35)
- Practice emotional hygiene!