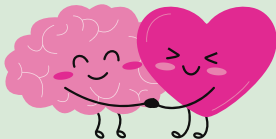


Hope

*I believe that good things can
happen even when life feels tough*



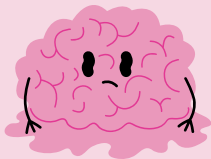
*Look for positive updates in the
Huntington's disease community*



HDA youth
instagram

Numb

*This feeling is temporary and won't
last forever. Be patient and kind to
yourself*



*Try to do something that will
distract you for a while. Go for a
walk or watch tv*



Try out this
breathing exercise

Guilty

Feeling guilty does not mean I am a bad person. I treat myself with the same kindness I show to others



*Try journalling your thoughts
or speak to someone you trust*



Get some ideas from our
staying grounded resources

Confused

I am strong enough to face uncertainty.

*I do not need to have all the answers
today, and I can trust myself to take
each step as it comes*



*Find others with similar experiences
and stories to yours on social media*



Watch our
'You are not alone' film

Fear

*Let go of fear and trust in your
strengths*



*Try to do something creative
like colouring*



Get some ideas from
our mood boosters

Strong

*I am capable. My potential is
limitless*



*Look back, you have overcome some of
the hardest days*



Try out some of our
coping strategies

Grateful

*I appreciate all of the small every day
blessings around me*



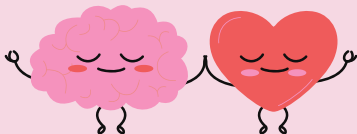
*What are three things that
have made you smile today?*



Find out what support is
available through the
Huntington's Disease Association

Envy

*I choose peace over
comparison*



*Write down three good qualities
about yourself*



Distract yourself with one
of our drawing challenges

Loved

Their illness cannot lessen their love



*Tell someone you love them. Do
a random act of kindness*



Try using our journal prompts
to write down some thoughts

Optimistic

*I trust that everything is
unfolding at the right time.*

My life will blossom



*Write down three things you want to
accomplish over the next year*



Try going for a colour walk and see if
you can spot all the items listed