

## 1 Your worth is not defined by your diagnosis.

You are more than the sum of your parts, even when your health weighs heavy on you. We see you and we acknowledge your entire being, even if (and especially when) life is hard. Try and take a second to celebrate the small stuff and reflect on how far you've come.

## 2 A self-confidence exercise you can try.

Struggling lately? Name three things you like about yourself outside of your appearance. Maybe you give genuine compliments or always know how to make someone laugh. Perhaps you are skilled at reading maps or cooking for a crowd. In case you need the reminder today: You have so much to offer and the world is a better place with you in it.

## 3 Remember what you love about others.

How we view ourselves impacts every part of who we are. But if you can, take a moment to reflect on why you respect and cherish others. Is it the way they distract you when you need it most? How they interact with animals? Most of the time, you'll find that physical attributes are so far from what we value most about the people around us. The same can be said about you.



**The Mighty** is a safe, supportive community for people facing health challenges as well as the people who care for them. Connect with others who understand what you're going through on [themighty.com](https://themighty.com) or by downloading **The Mighty** app.