

# Finding the Gold Within

Overcoming Adversity to  Create a Happy Life

## *Finding the Gold Within*

Handout 1: Why Have a Dream?  
Handout 2: What Are Your Dreams?  
Handout 3: How to Create the Best Year Ever!  
Handout 4: My Treasure Map  
Handout 6: Small Steps Lead to Big Dreams  
Handout 7: Making Good Decisions  
Handout 16: Dealing with Past Hurts  
Handout 17: Fight, Flight, or Freeze  
Handout 23: Early Adversity Can Be Overcome!  
Handout 25: Strengthening Resiliency  
Handout 27: The Critic Inside You  
Handout 29: Changing Your Self Talk  
Handout 30: Power of Positive Thinking  
Handout 37: Respect  
Handout 40: Being a Mother to Yourself  
Handout 43: Nourishing Yourself from Within  
Handout 44: Relieving Stress  
Handout 45: Surviving a Bad Day  
Handout 67: Resilience is Like A Bank Account  
Handout 75: Let Your Light Shine  
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## *Before Baby Arrives*

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Handout 44: How Can Stress Affect Me and My Unborn Baby?

## *Before Baby Arrives (continued)*

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Handout 49: Making a Better Future by Understanding the Past: Learning About ACEs  
Handout 54: The Importance of Female Friends  
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## *Baby's 1<sup>st</sup> Year*

Handout 1: Circle of Support for My Baby & Me  
Handout 43: Friends Can Improve Your Emotional Health  
Handout 85: Solving Problems to Benefit My Baby & Me  
Handout: 97: Sleep to Improve Your Emotional Health  
Handout 119: Good Enough Mothering  
Handout 134: Brighten Your Day with Plenty of Sunshine!  
Handout 144: Making It Easier!  
Handout 147: Mirror, Mirror on the Wall. Who's the Least Stressed of All?  
Handout 157: Facing Challenges  
Handout 174: You Can Make It Happen  
Handout 175: Saying No  
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### ***Baby's 1<sup>st</sup> Year** (continued)*

Handout 192: Eat Healthier to Improve Your Emotional Health

Handout 209: Surviving a Bad Day

### ***Baby's 2<sup>nd</sup> Year***

Handout 8: Learning About ACEs Can Help Your Children

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Handout 70: Replacing Negative Talk with Positive Talk

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Handout 12: Worrying Yourself Sick

Handout 47: Joy & Gratitude Can Improve Your Emotional Health

Handout 72: Let Your Light Shine

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