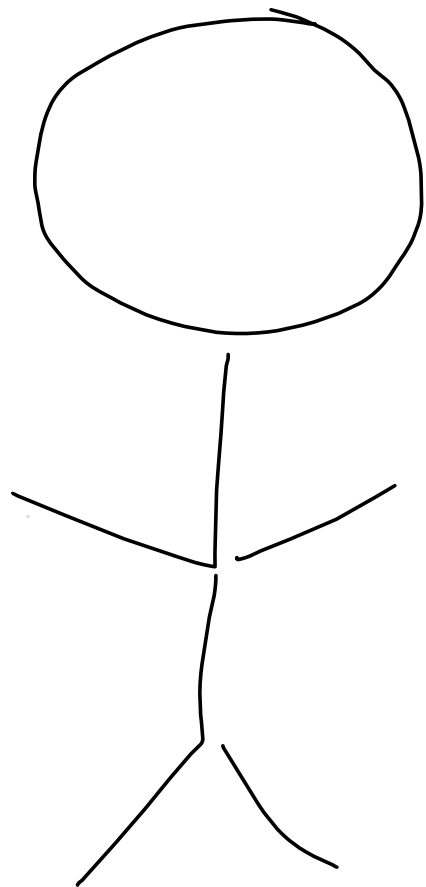


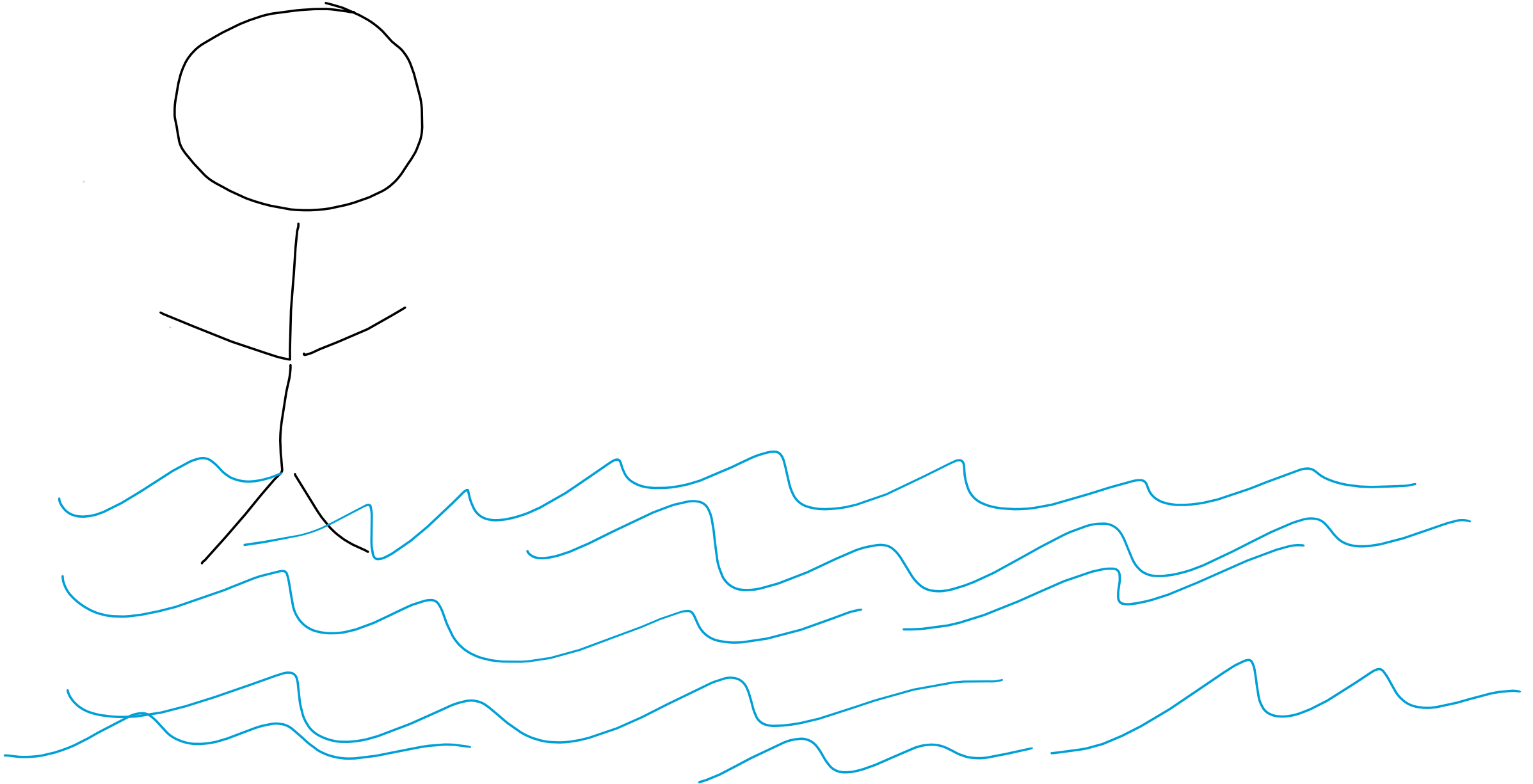


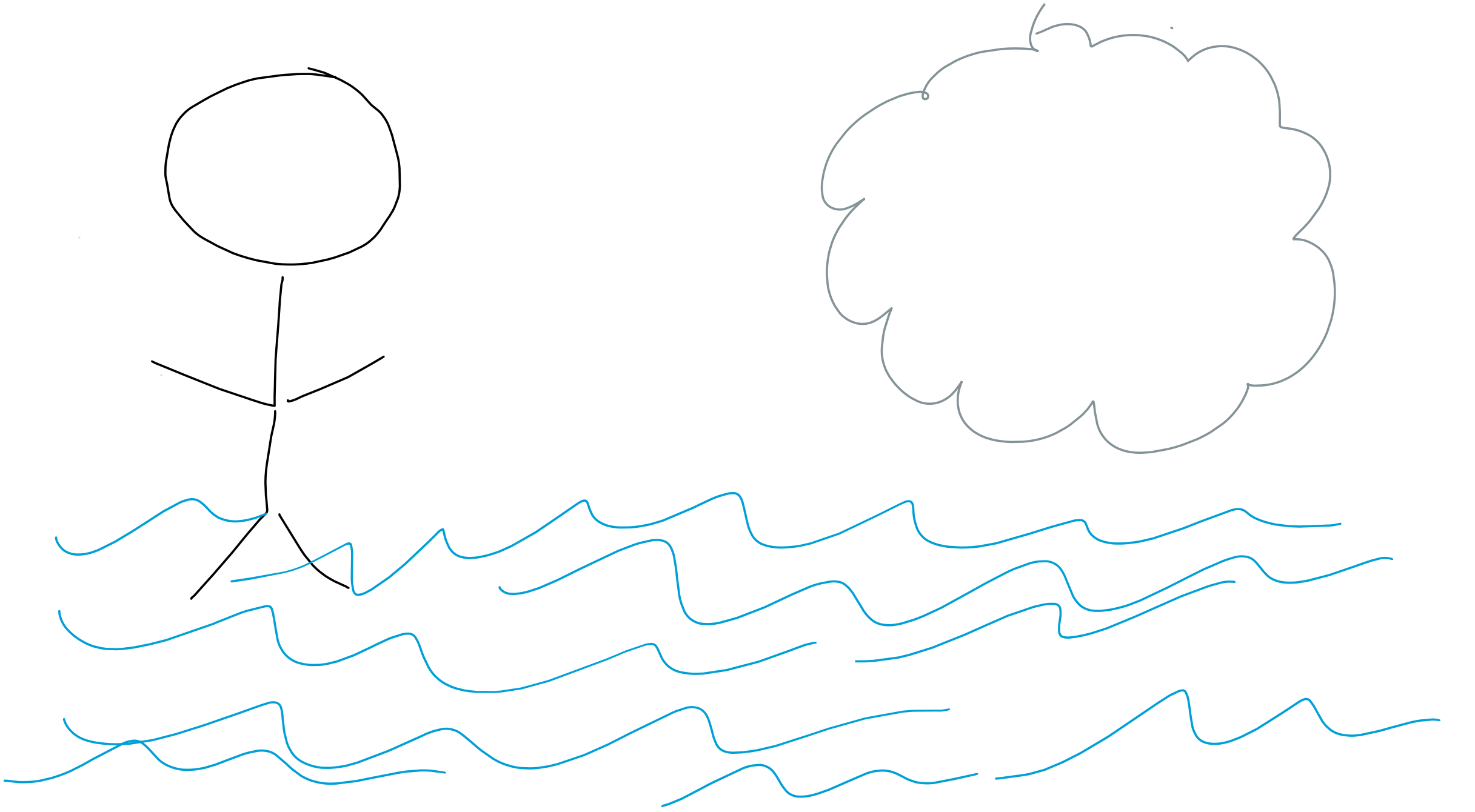
Julie Birky, LCSW

MENTAL HEALTH

# Mental Strength & Fortitude





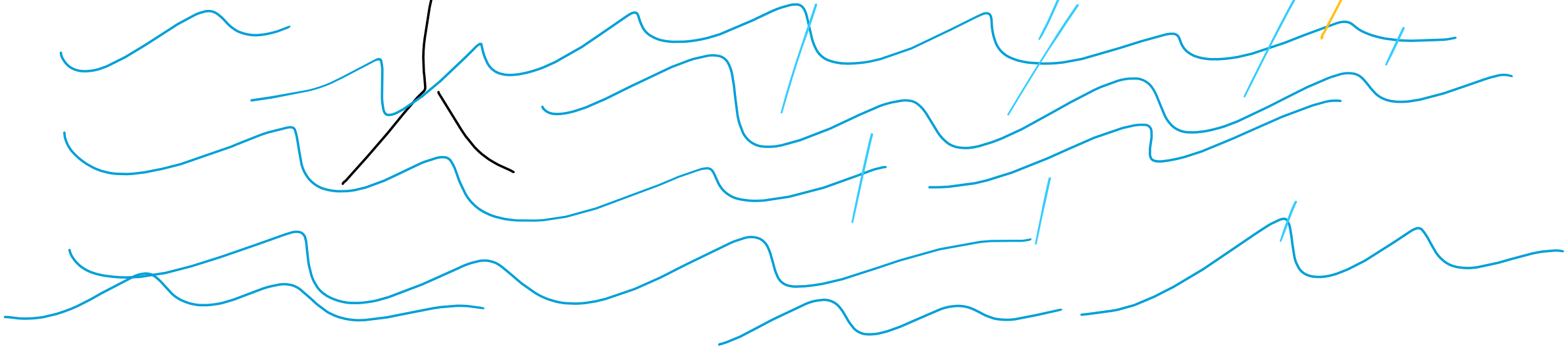
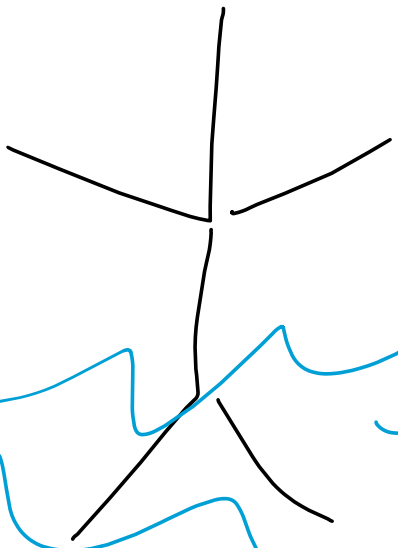
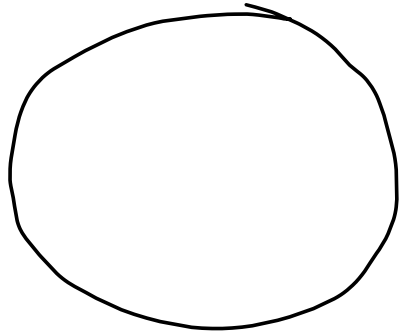


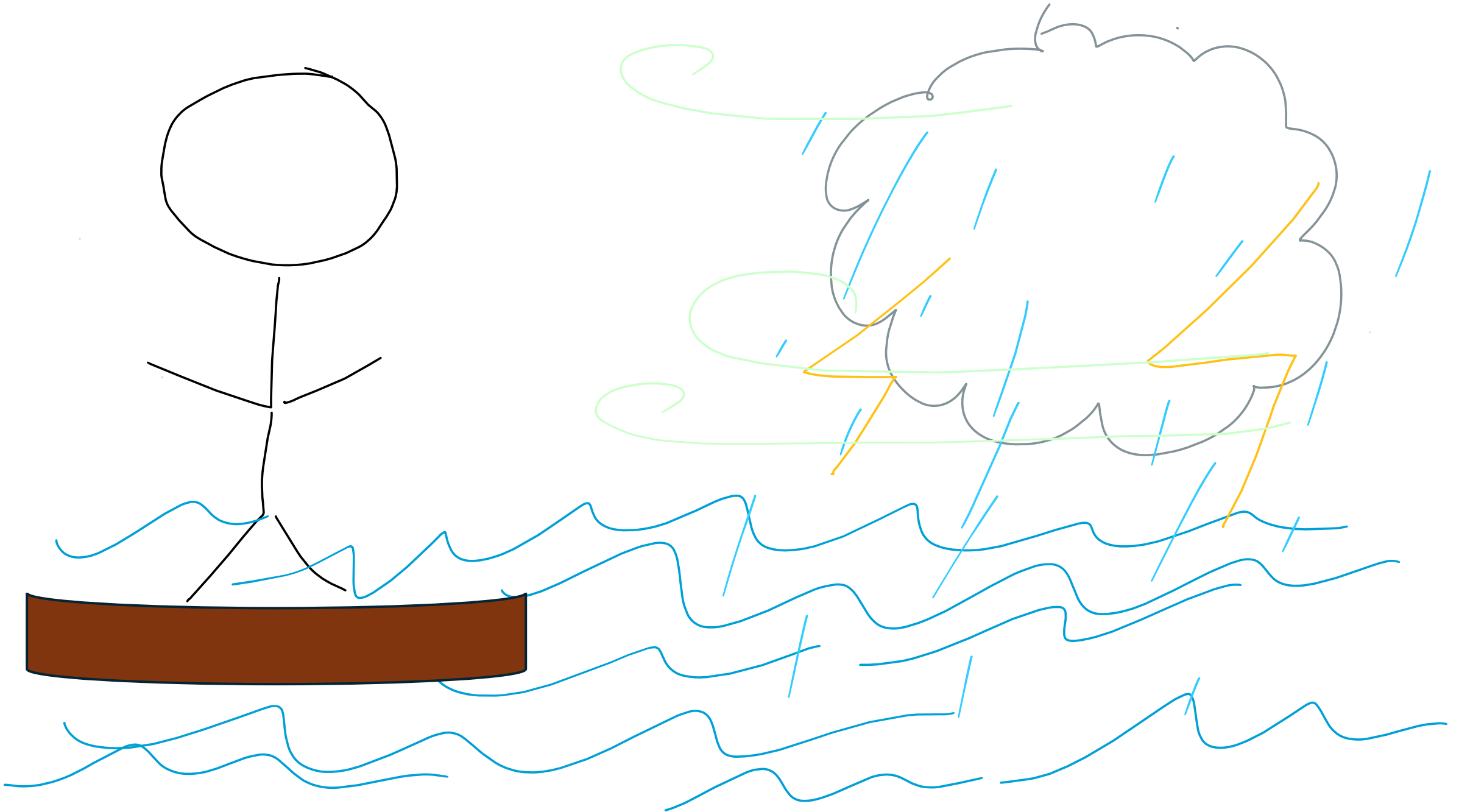


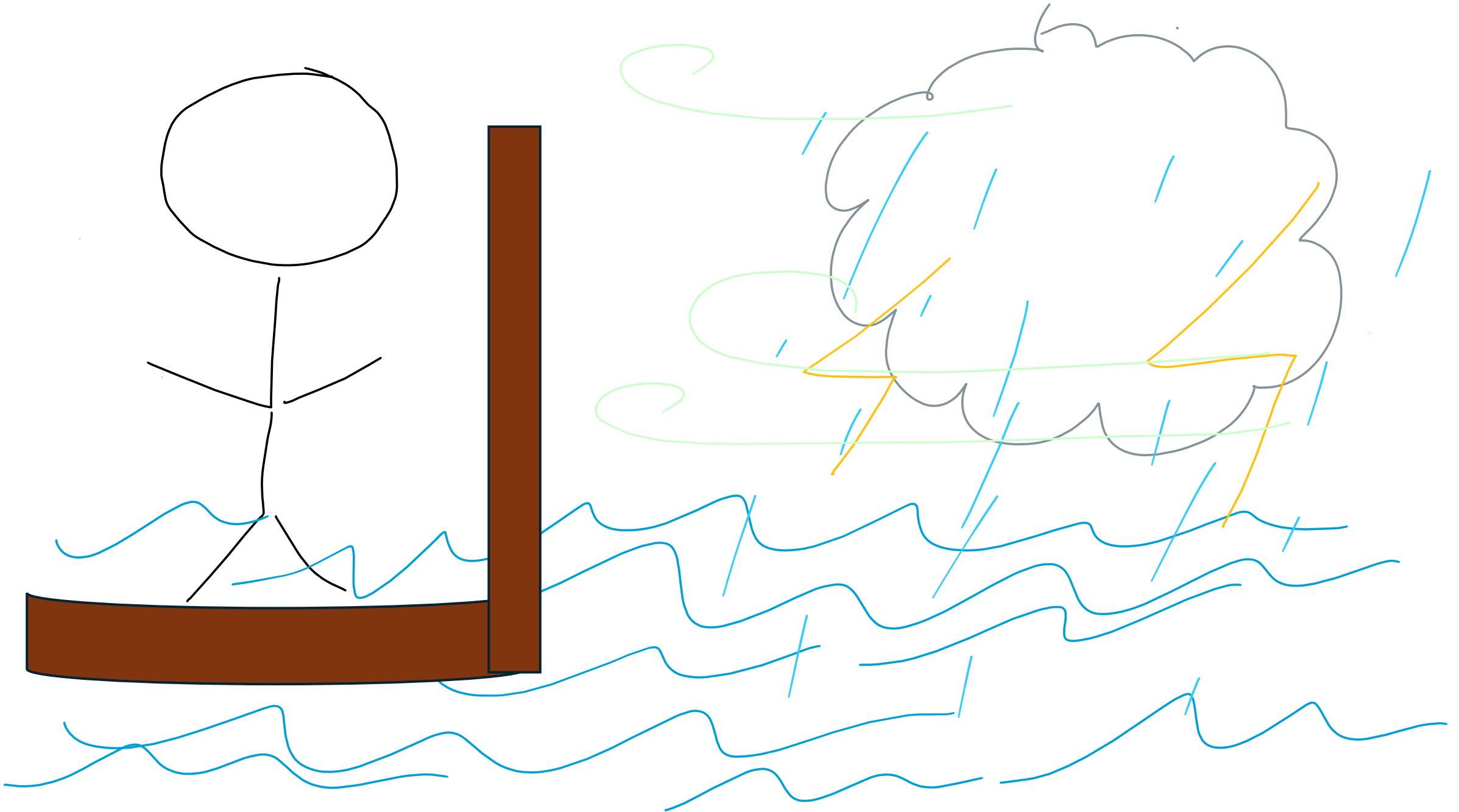


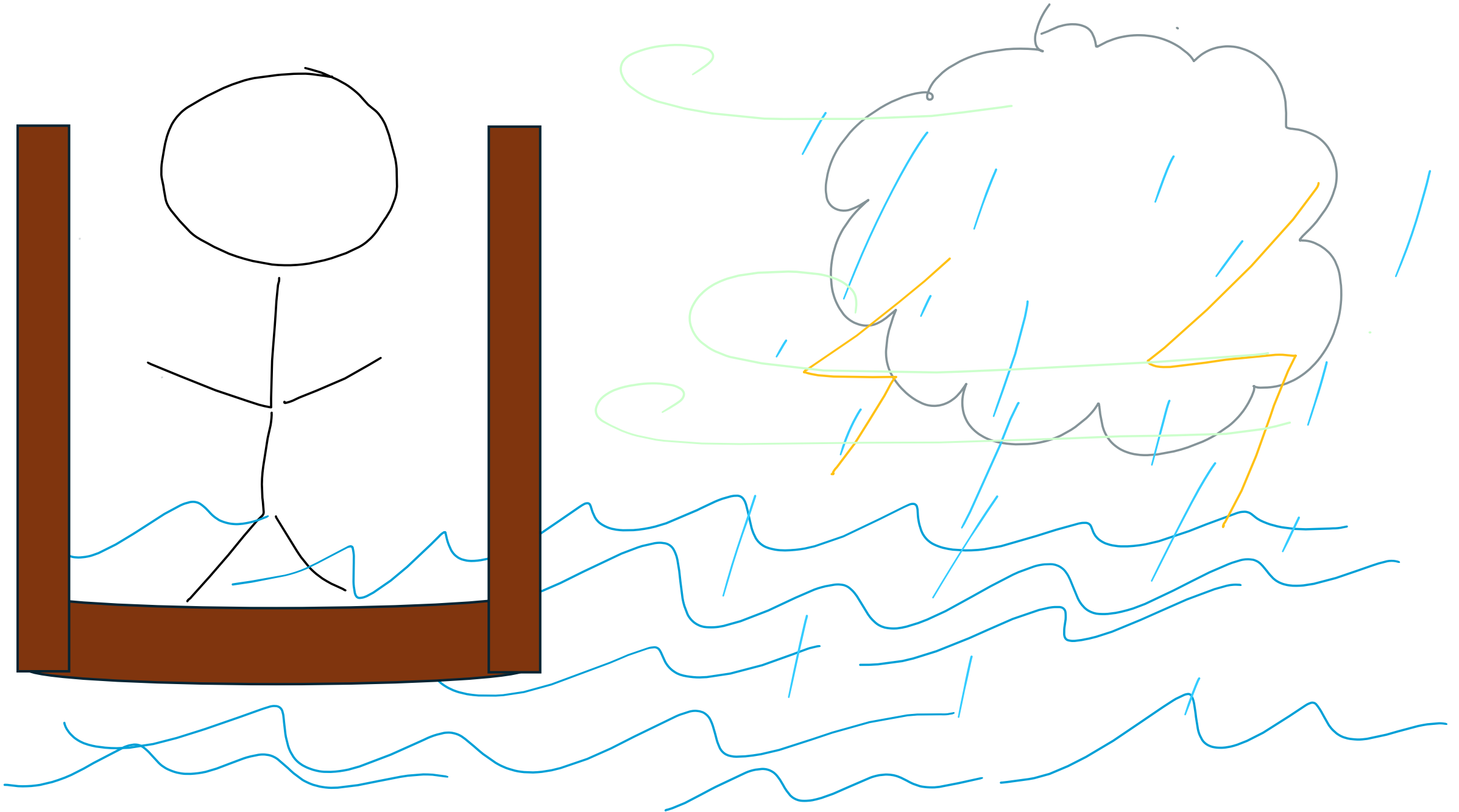


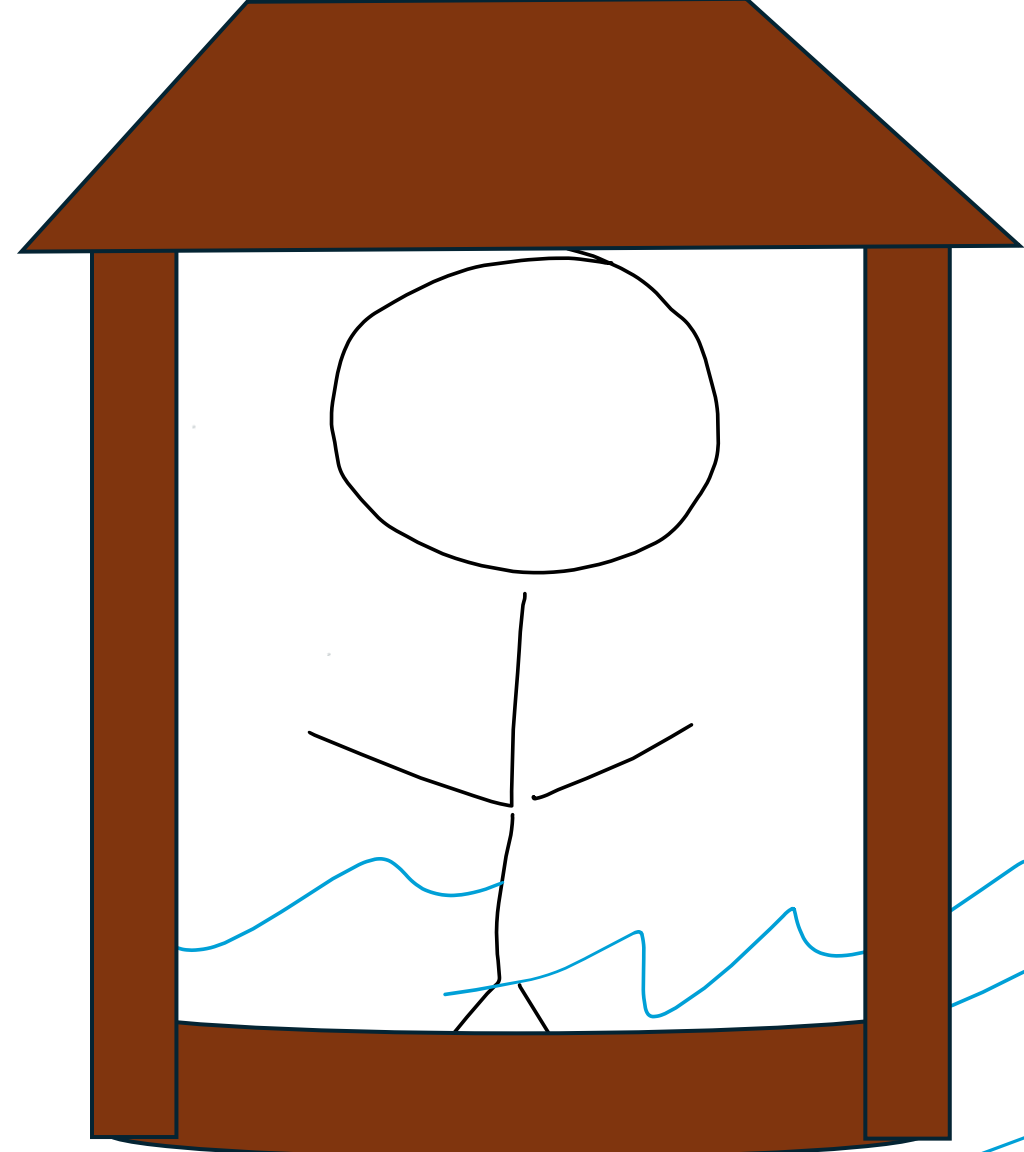


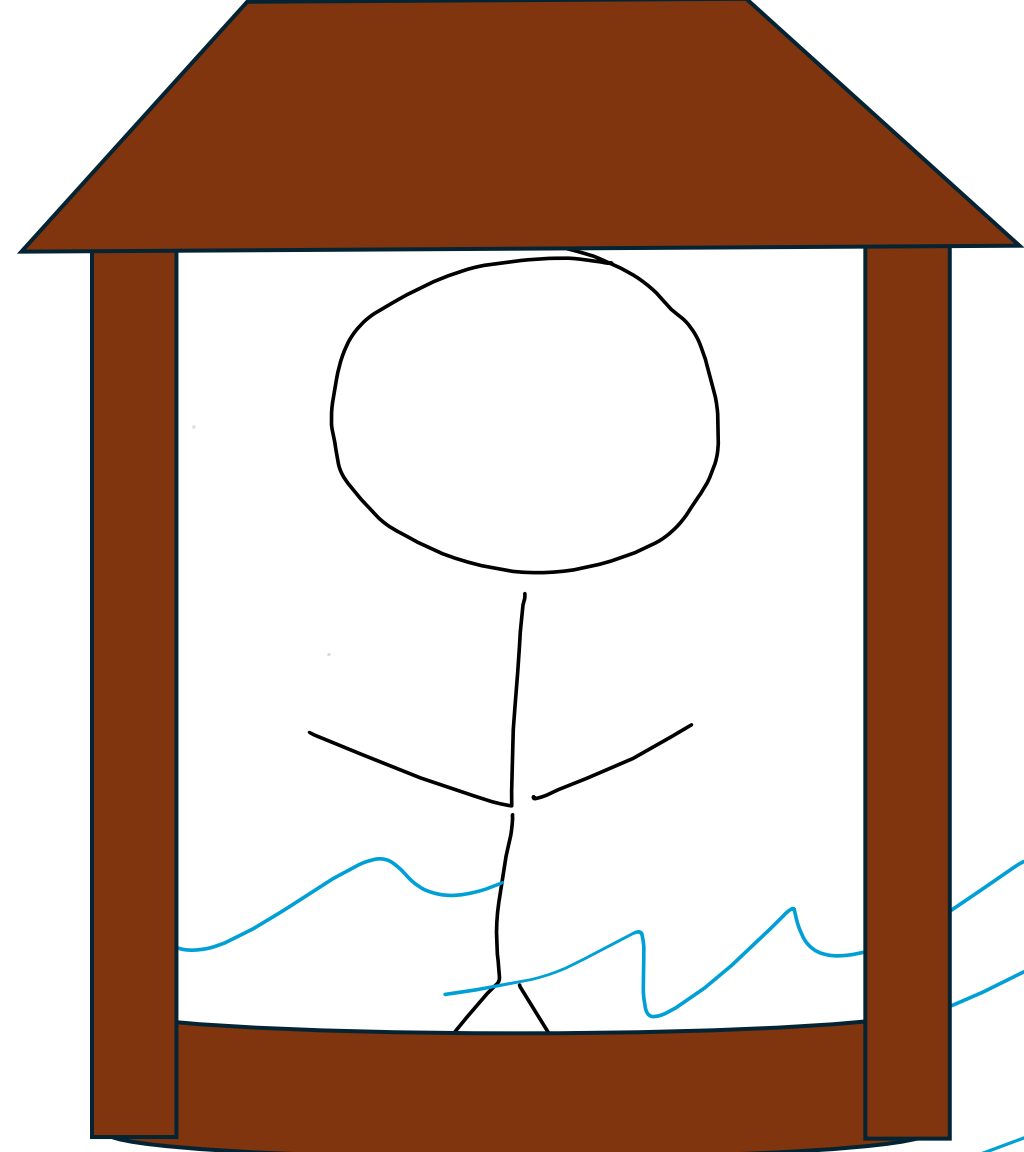




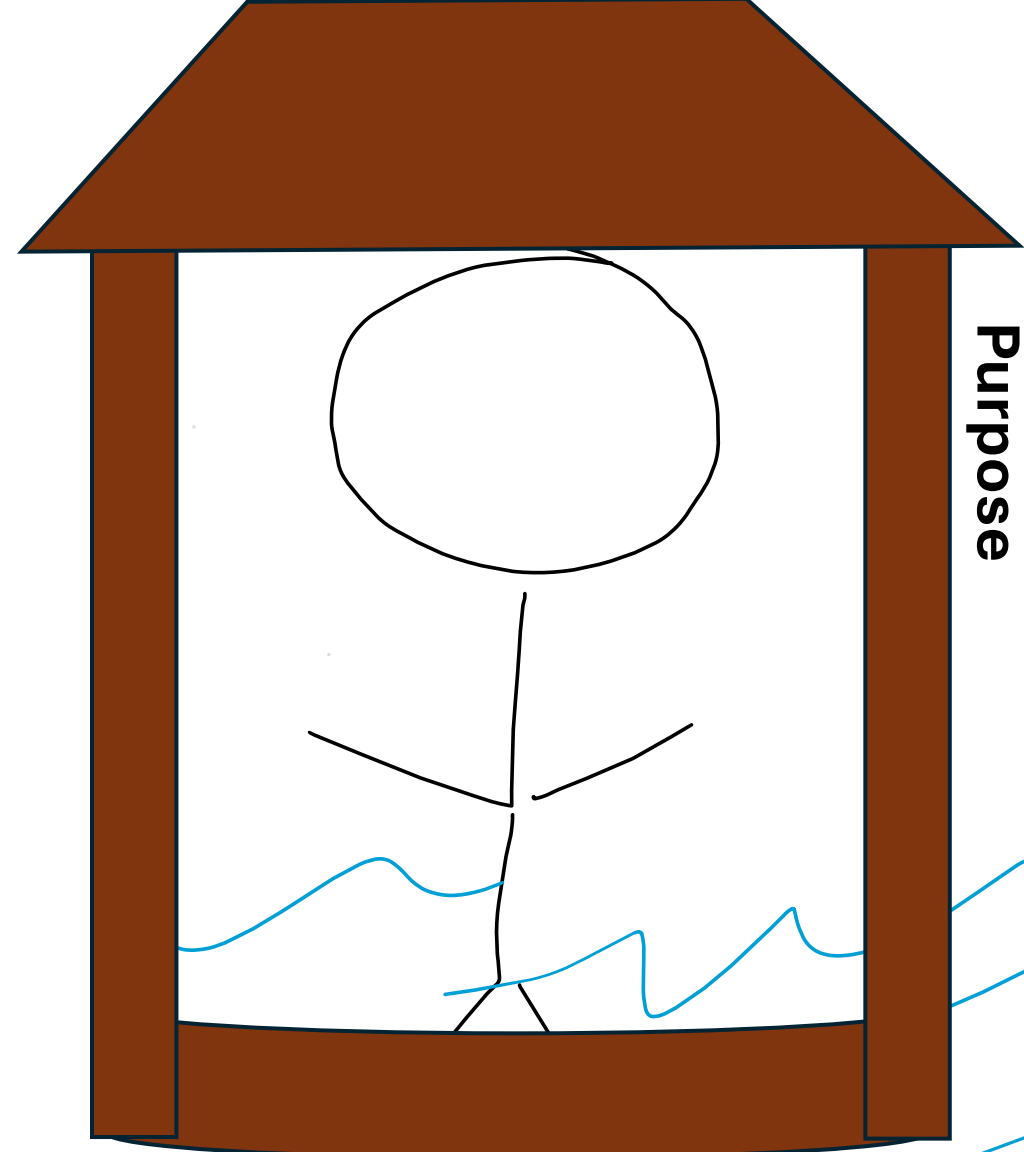








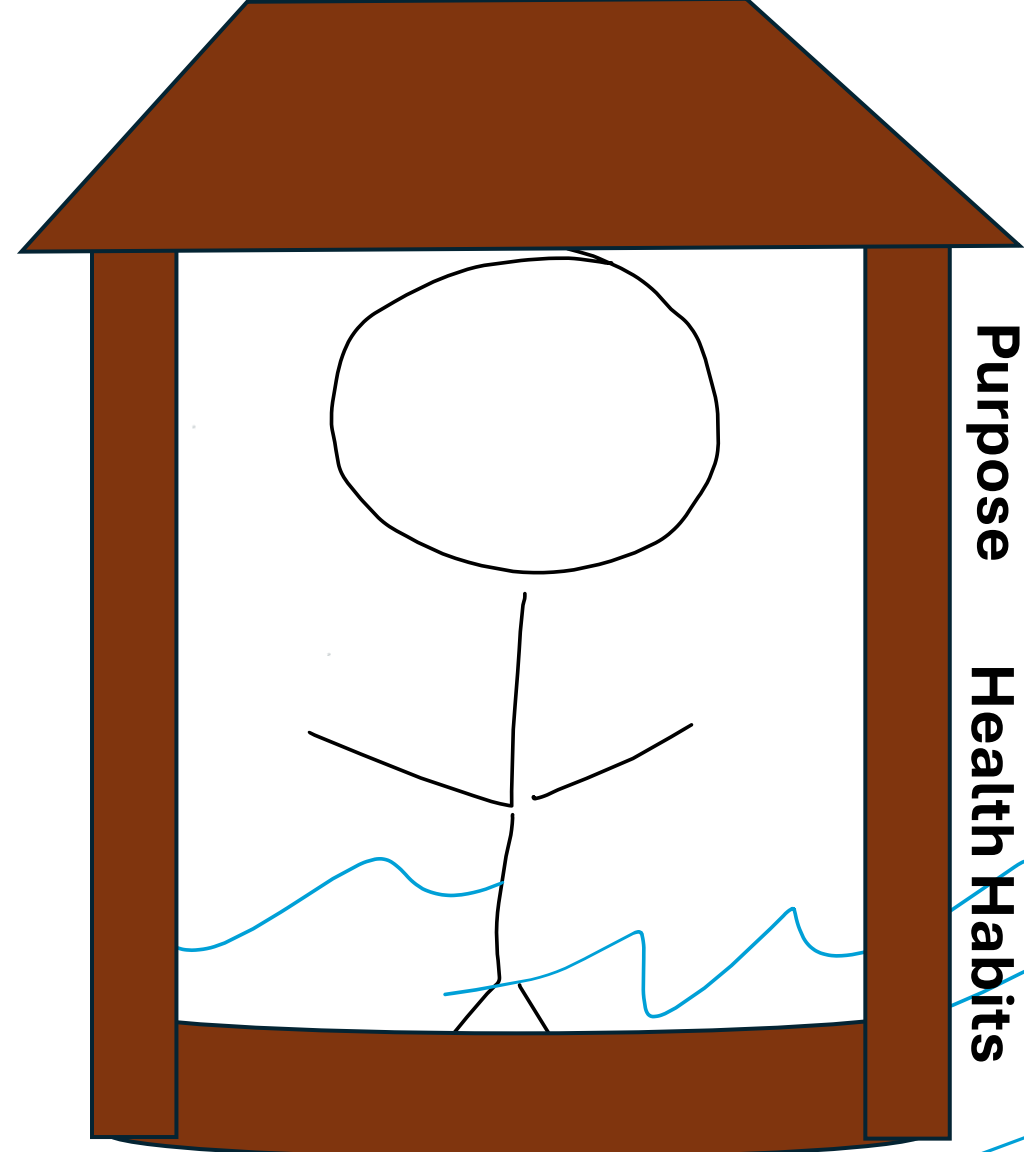
**Friendships & Family Connections**



**Purpose**

**Friendships & Family Connections**



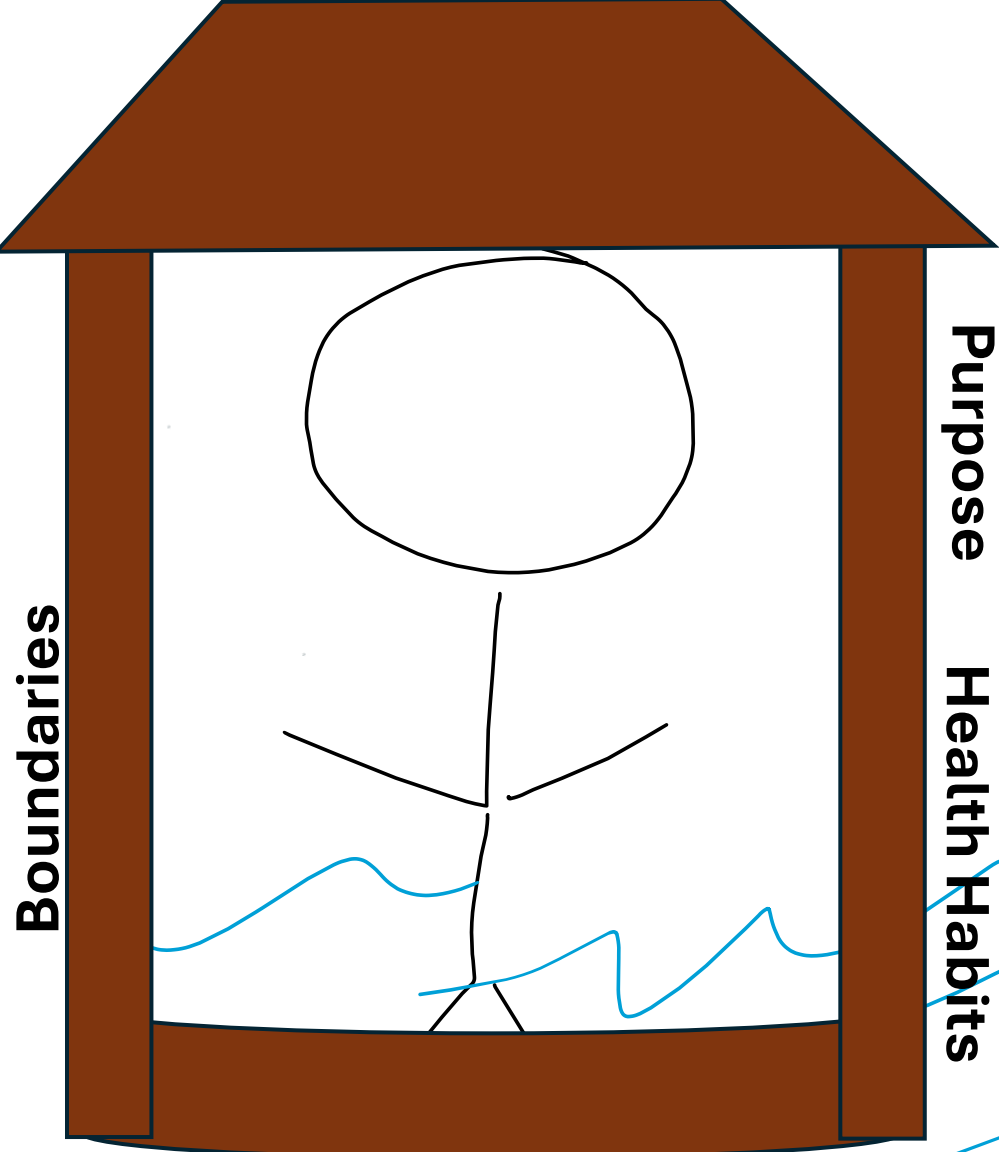


**Purpose**

**Health Habits**

**Friendships & Family Connections**





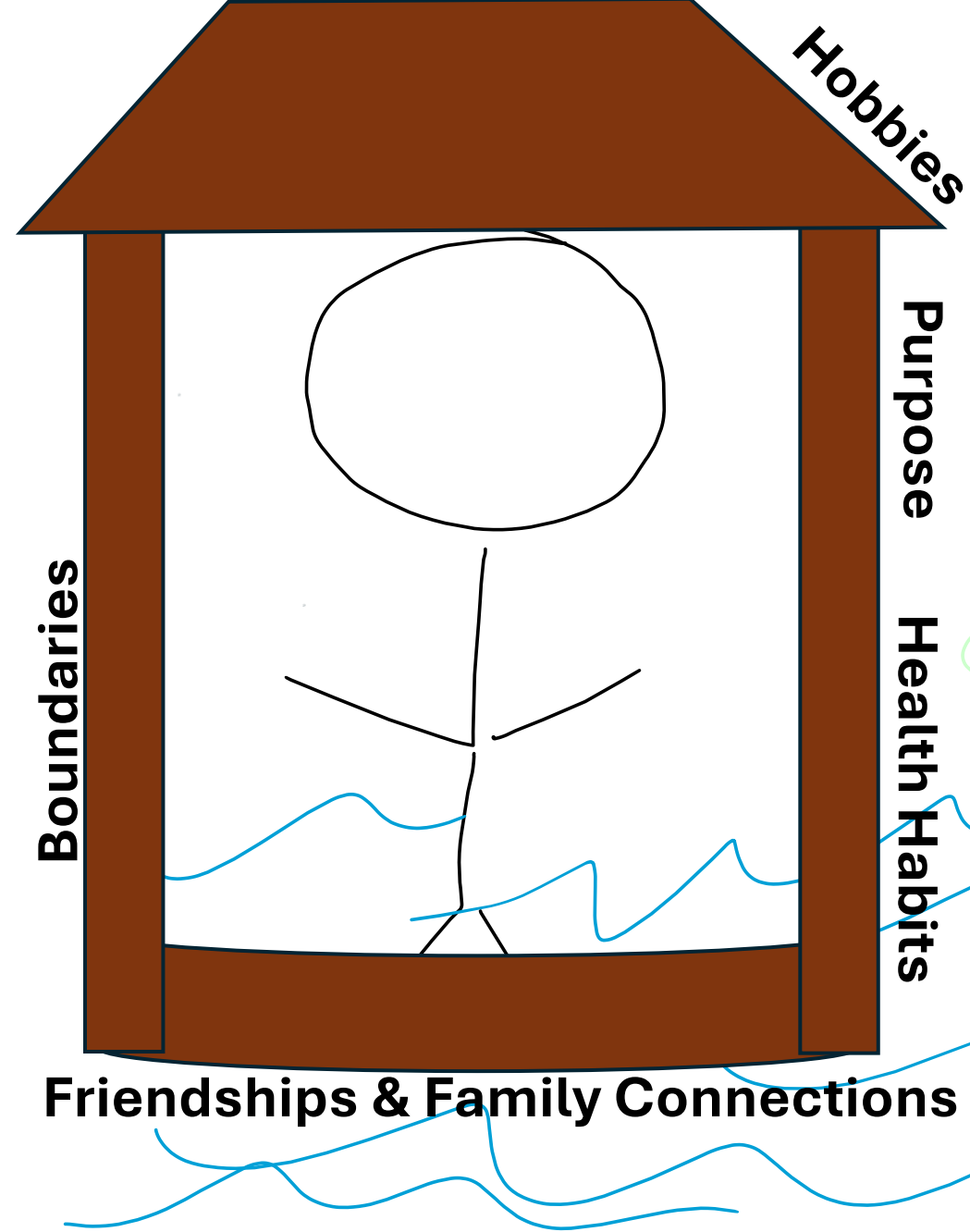
**Boundaries**

**Purpose**

**Health Habits**

**Friendships & Family Connections**

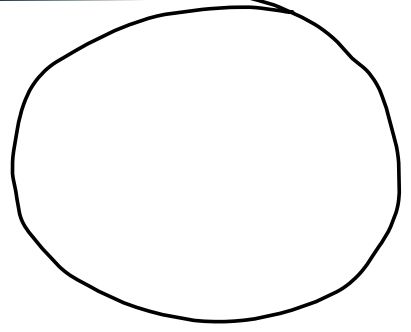




**Challenges & Accomplishments**

**Hobbies**

**Boundaries**



**Purpose**

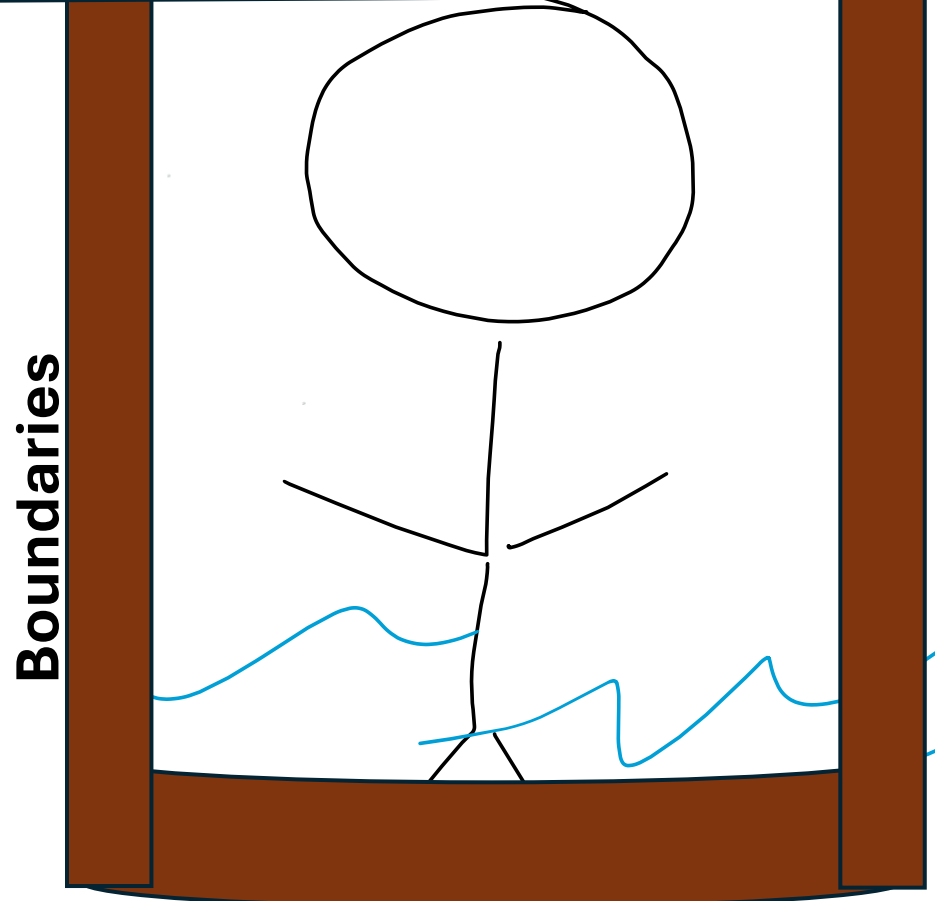
**Health Habits**

**Friendships & Family Connections**



**Engage with Feelings  
Challenges & Accomplishments**

**Hobbies**



**Boundaries**

**Purpose**

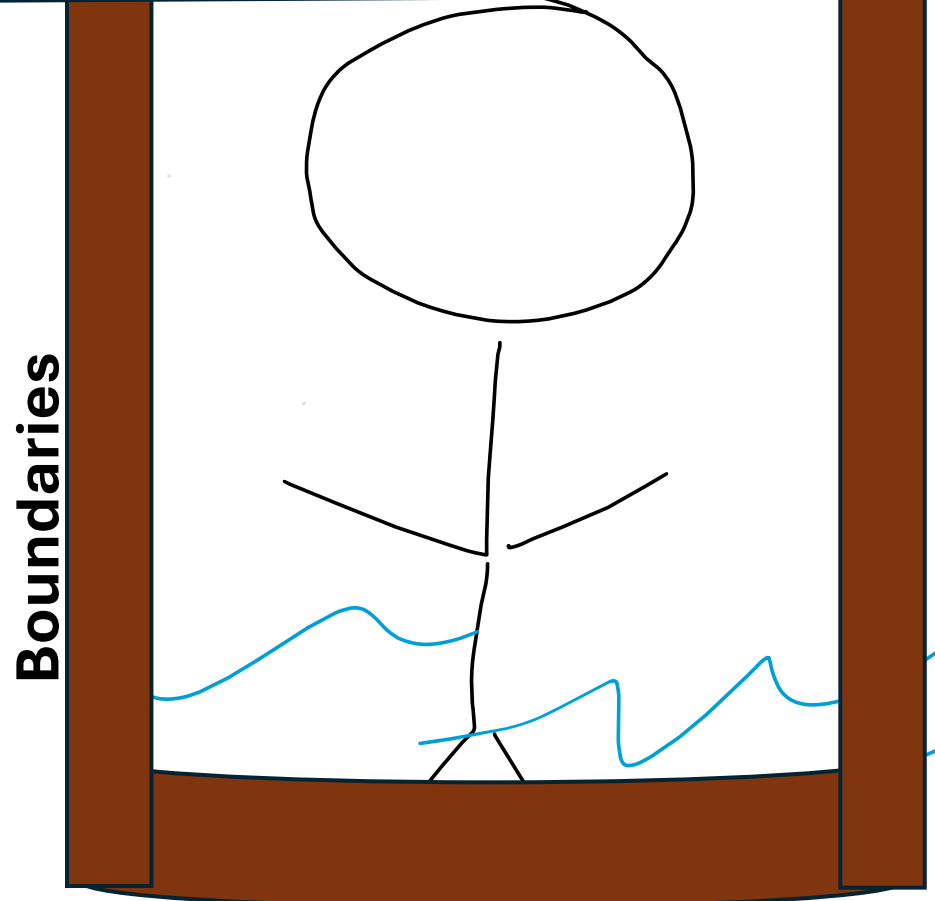
**Health Habits**

**Friendships & Family Connections**



**Goals**  
**Engage with Feelings**  
**Challenges & Accomplishments**

**Hobbies**



**Boundaries**

**Purpose**

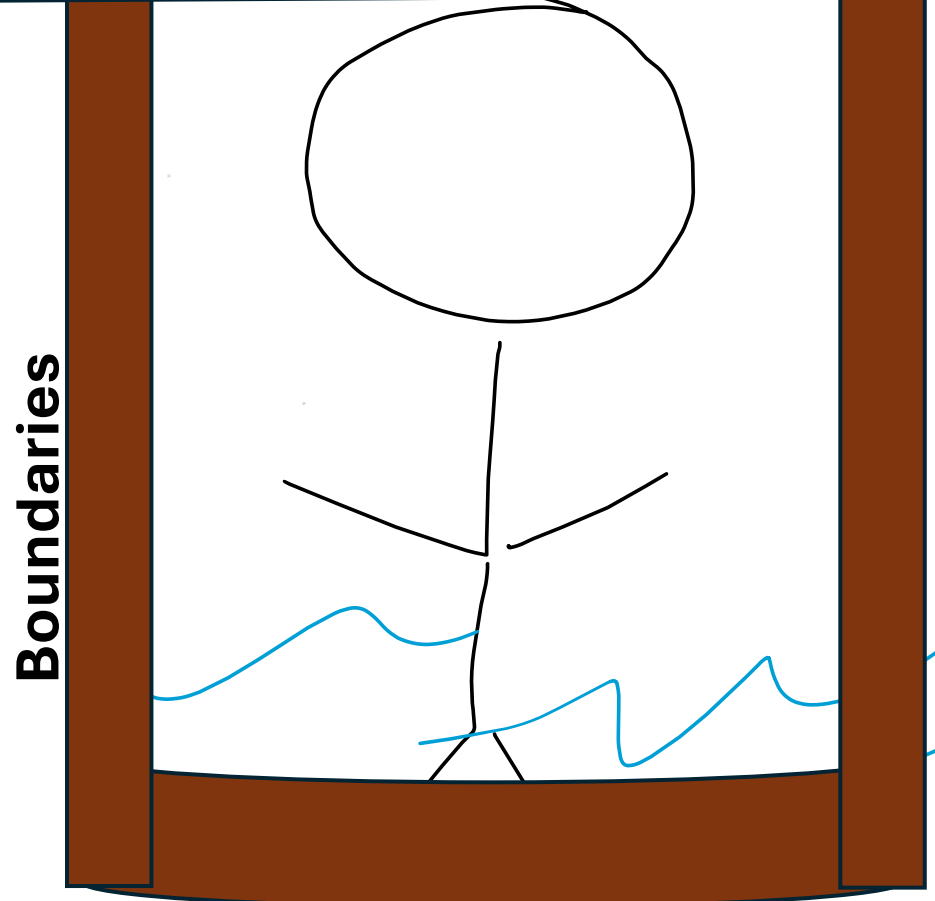
**Health Habits**

**Friendships & Family Connections**



**Goals**  
**Engage with Feelings**  
**Challenges & Accomplishments**

**Hobbies**

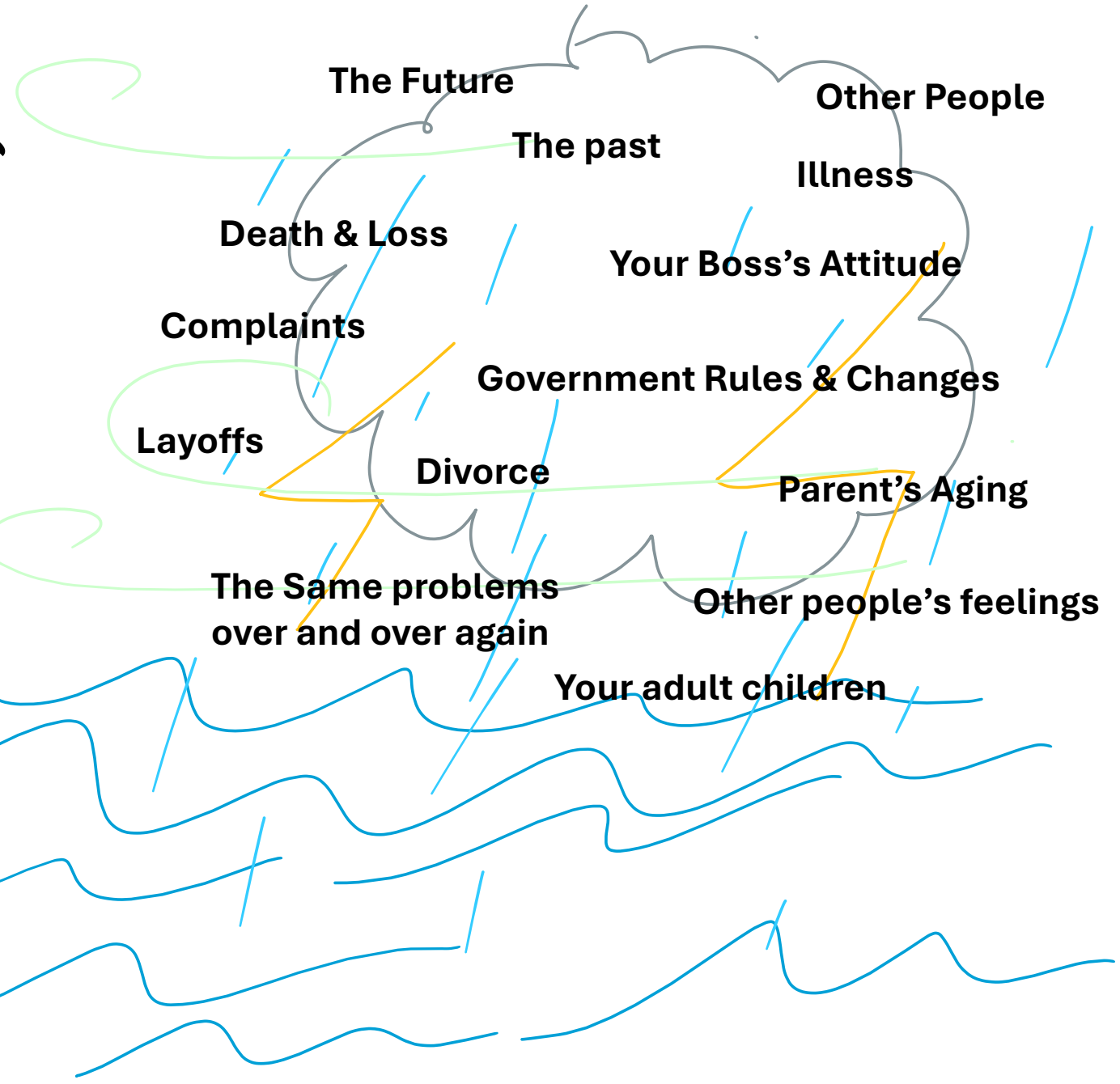


**Boundaries**

**Purpose**

**Health Habits**

**Friendships & Family Connections**



**The Future**

**Other People**

**The past**

**Illness**

**Death & Loss**

**Your Boss's Attitude**

**Complaints**

**Government Rules & Changes**

**Layoffs**

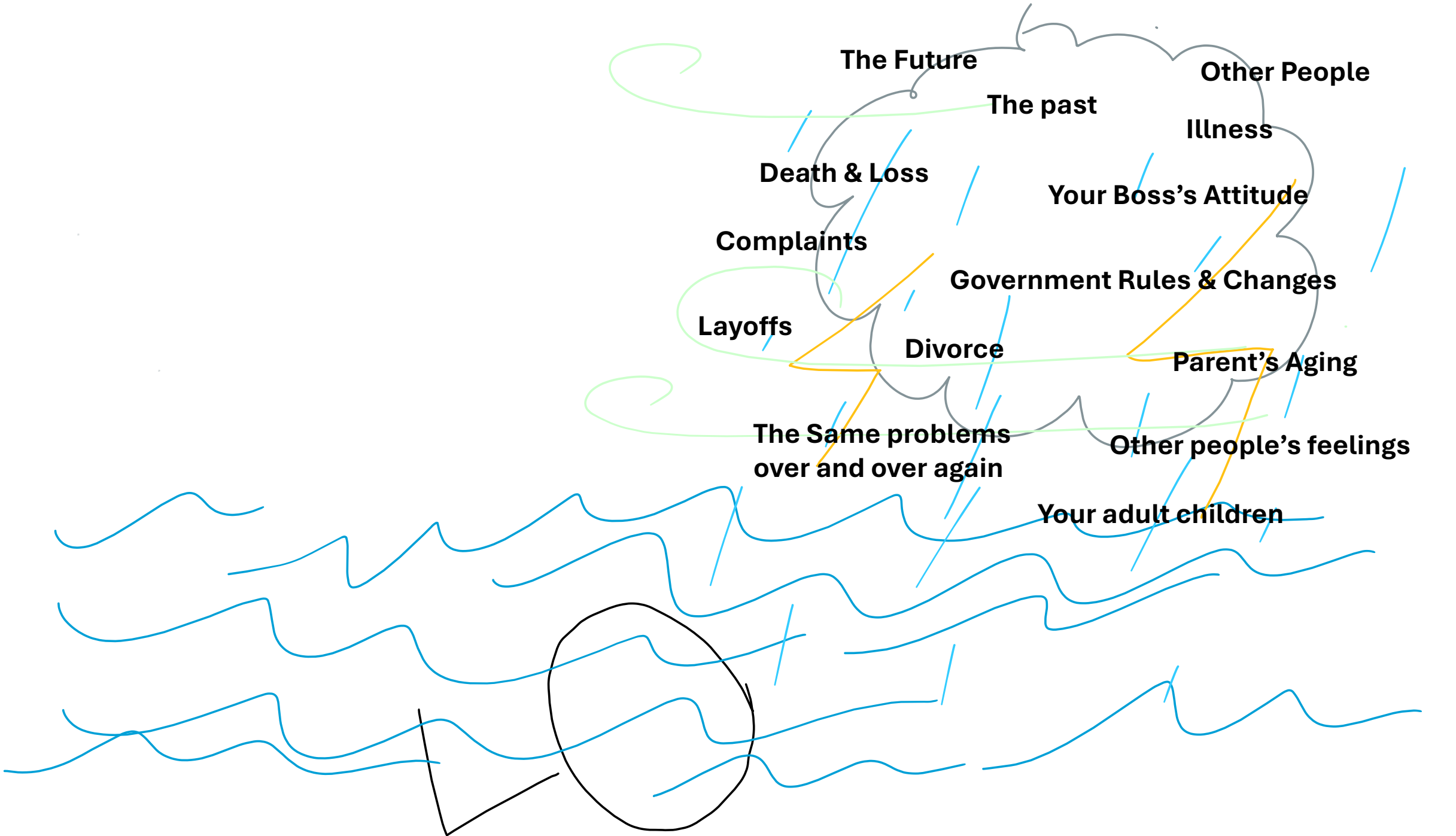
**Divorce**

**Parent's Aging**

**The Same problems  
over and over again**

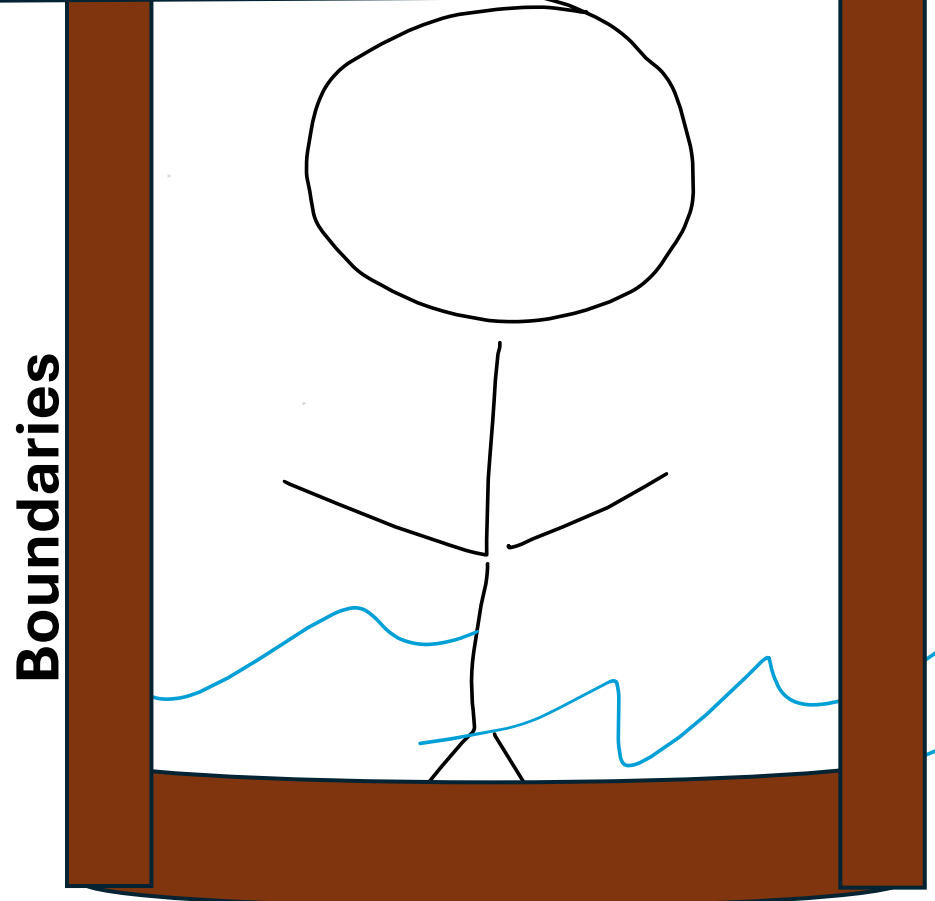
**Other people's feelings**

**Your adult children**



**Goals**  
**Engage with Feelings**  
**Challenges & Accomplishments**

**Hobbies**

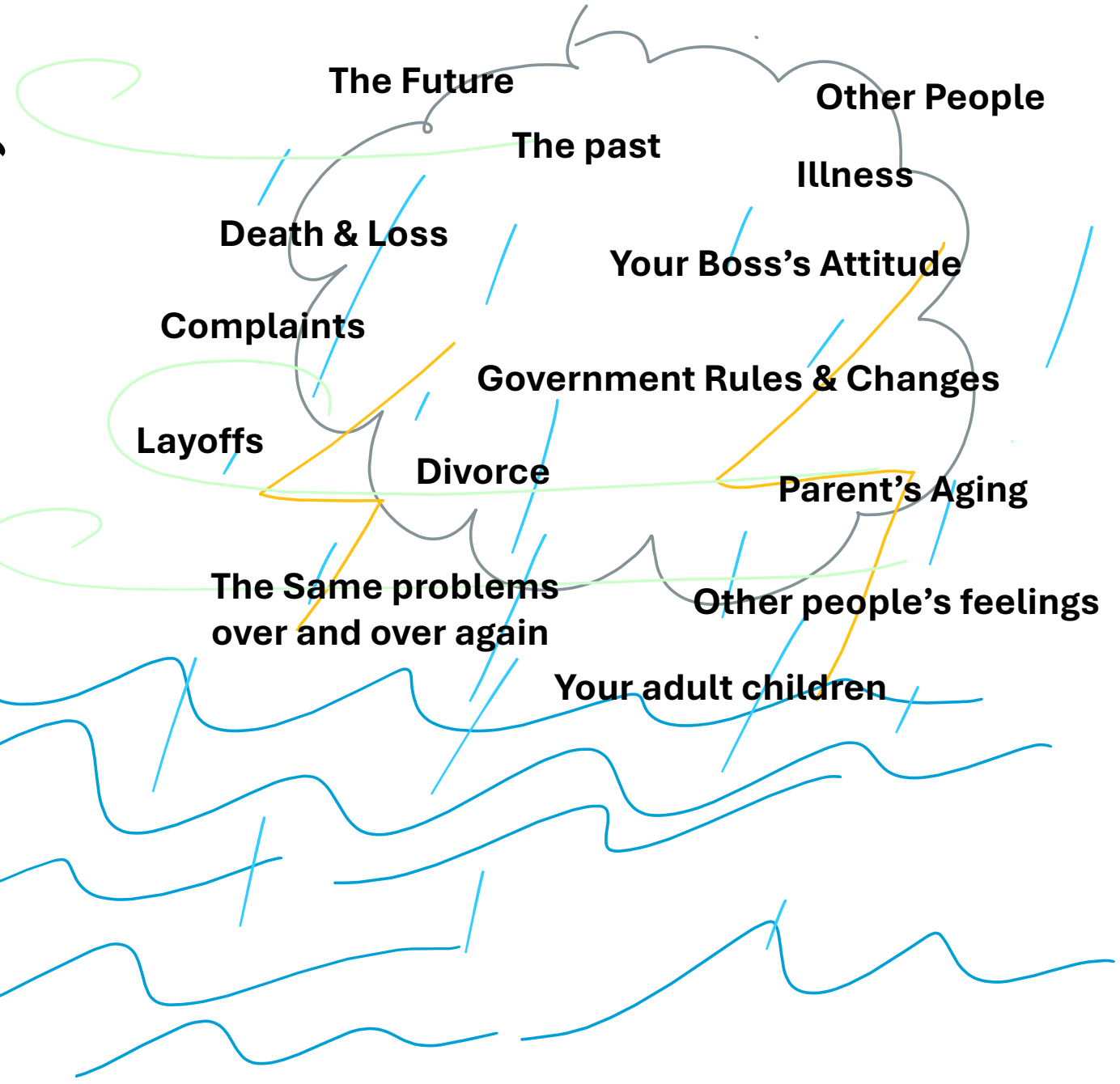


**Boundaries**

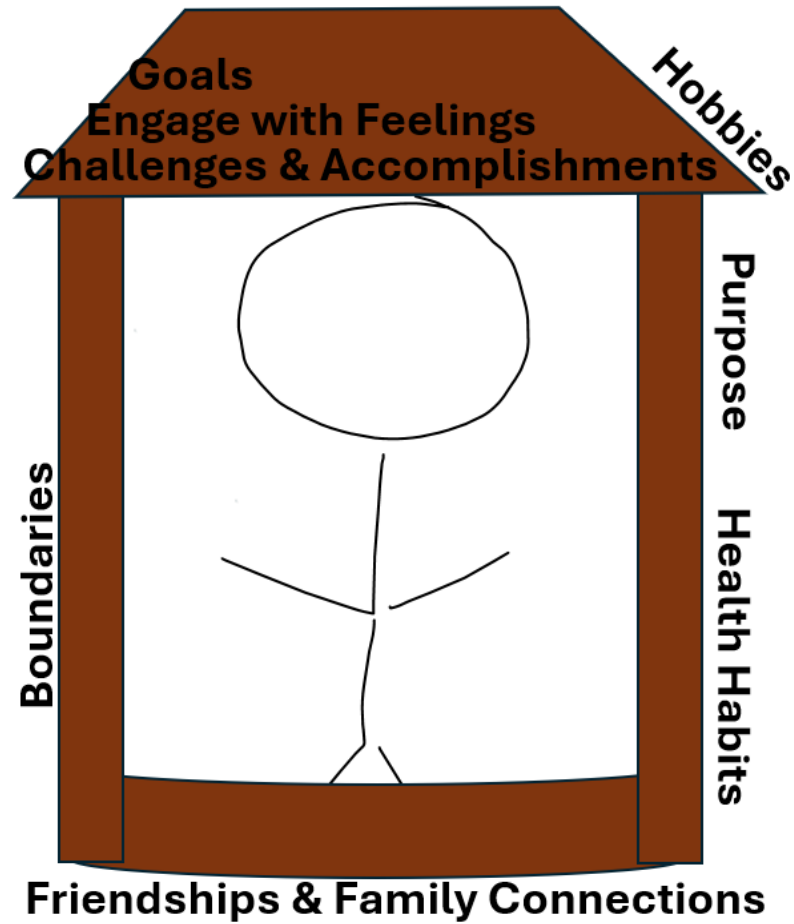
**Purpose**

**Health Habits**

**Friendships & Family Connections**



# Mental Strength & Fortitude



# Mental Strength & Fortitude

- **Boundaries**
- **Goals**
- **Challenges**
- **Accomplishments**
- **Engage w/ Feelings**
- **Hobbies**
- **Purpose**
- **Health Habits**
- **Friendships**
- **Family Connection**



# Julie Birky, LCSW

MENTAL HEALTH

