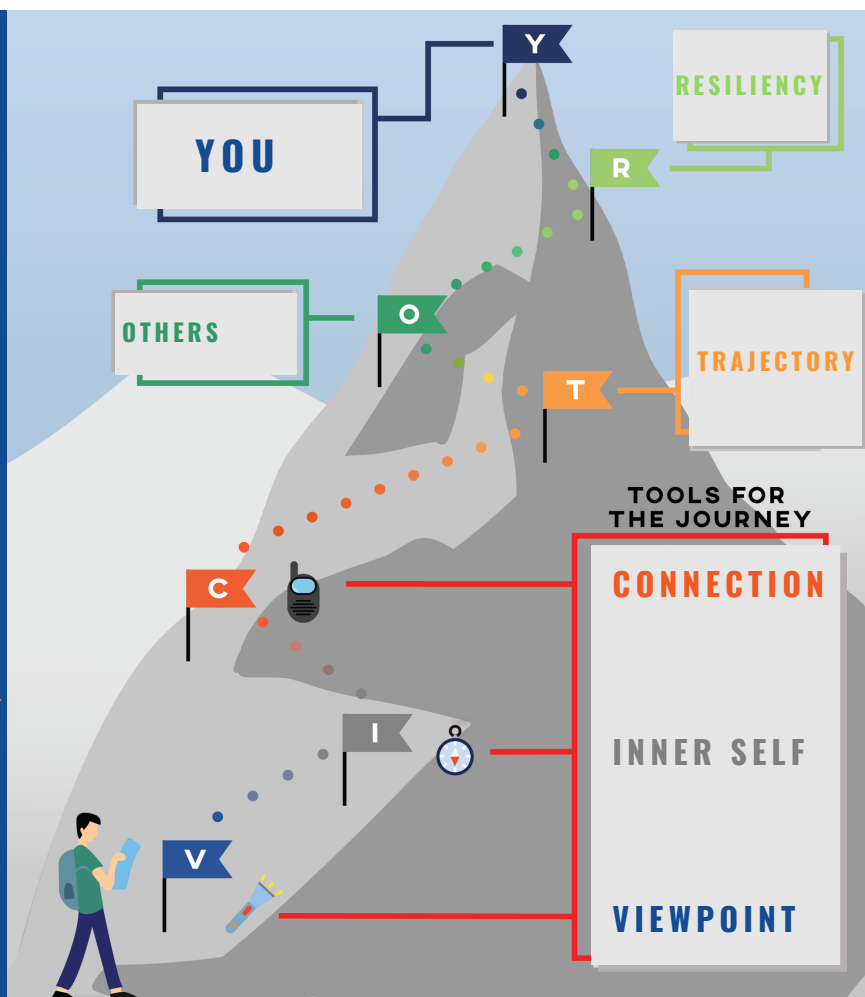


FINDING YOUR PATH TO VICTORY



MAKE YOUR MENTAL HEALTH A PRIORITY

Welcome to the VICTORY journey methodology. We describe it as a journey, because life is a journey. Each one of us travels our own journey, and we participate in others'. It is simple, easy to remember, and provides context for the critical social and emotional processing that is so vital in our mental health today.

Our aim is to prevent mental health distress. We cannot always do that; we sometimes must recognize and respond to indications of pre-existing mental health conditions like anxiety or depression. This framework guides both. It defines a healthy journey, and it gives context to our response to someone who is showing signs of distress.

V

VIEWPOINT: SEEING THE WORLD AS IT IS, NOT AS IT IS PRESENTED

What is guiding your viewpoint?...The news? Social media? Statistics? Pop Culture? Seek to understand how you are interpreting what you are hearing and seeing.

- Seeing the world as it is, not as it is presented.
- Discerning reality from illusion.

I

INNER SELF: SEEING OURSELVES AS HAVING INTRINSIC WORTH & PURPOSE

How are you internalizing? How are you interpreting your feelings? Don't run from your emotions. Focusing on your well-being is important. Make an effort to:

- Accept yourself without judgement.
- Break the stigmas associated with different types of struggle.

C

CONNECTION: SHARED STRUGGLE IS KEY TO OVERCOMING

Very few people are successful on their journey alone. Sharing struggles and burdens with others is the key to overcoming difficult journeys or challenges. The only way you can get this wrong is by not connecting at all. Don't lose hope. Support is available.

T

TRAJECTORY: OVERLOOKING SETBACKS AND STAYING THE COURSE

Rather than focusing on limitations, focus on what you can control and fight for the small victories along the journey. Whether dealing with known hurdles or unforeseen issues, keep moving forward. Most importantly, celebrate wins!

- Creating a habit of overcoming; what we call "stacking wins" and leveraging the learning.

O

OTHERS: BE THE "ONE" FOR SOMEONE ELSE

Nobody can will themselves to victory in isolation. There have been those who have walked with you and shared in your struggles, now you can play the same role for others. Coming alongside another in their journey, we all achieve a greater gain.

R

RESILIENCY: BECOMING IMPERVIOUS TO OBSTACLES

Life is a series of challenges, but you can come out on the other side. Rather than asking "Why is this happening?", focus instead on "What lessons can I learn?" The end goal for any struggle should be a renewed resilience, a heightened level of creativity, and a contentment regardless of the circumstances.

Y

YOU: BE ACTIVE IN YOUR JOURNEY AND PRESENT IN OTHER'S

This is YOUR call to action. YOU have control of how YOU will respond to challenges. YOU can create a safe mental outlook for yourself, and be a guide for other's. Intentionally invest and be a difference maker!