

# Momentum

*Accepting yourself and others*

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## Tolerance, acceptance and understanding

- ☑ Showing tolerance for others means that you maintain fair and non-judgmental attitudes toward beliefs or practices that differ from your own.
- ☑ Acceptance goes beyond tolerance, as it means you acknowledge the validity of someone's worldview without trying to change them.
- ☑ Showing understanding means you've considered, comprehended and developed a compassionate attitude toward another person's situation.
- ☑ Regularly demonstrating understanding of others is a virtuous human quality that improves lives.

## Understanding and accepting all types of people

**Putting up interpersonal barriers against people with whom we differ or don't understand can be an automatic reflex. However, it's better to keep an open mind about others' differences; we can learn something valuable from everyone we meet.**

- It is wise not to reject others due to their appearance, ethnicity, religion, gender orientation or political affiliation.
- Sometimes our hesitancy to interact with others can be based on simple unfamiliarity with a particular type of person, such as a transgender individual or someone from another culture.
- It's healthier to live by the Golden Rule—to treat others as respectfully as we would like to be treated.
- Meeting and learning about new people helps us grow, and it can present opportunities for new friendships, community and business opportunities, and greater understanding of the world around us.



## Mind Your Mental Health

Is daily life with a mental health condition difficult for you or someone you care about? Help is available!

- Though it often takes time to find the right mix of activities that works best for you, doing so can improve your ability to cope with mental health challenges. [Read these six tips](#) for helping yourself feel better.
- Sharing mental health struggles with others is always a delicate process. Who should you tell and how much should you say? [Get helpful suggestions](#) for navigating this very personal path.
- If you have friends, family or associates suffering with mental illness, you might not know how to respectfully address the issue with them. [Here are nine questions](#) that such individuals wish you would ask.

## Working on Wellness

The winter months can represent a chilly challenge to your health.

- If you experience the “**winter blues**” or the more serious seasonal affective disorder (SAD), try to get more light exposure, exercise indoors or outdoors, increase your vitamin D intake and stay socially active.
- Help your partner or other family members with their **weight loss journeys**. Encourage their healthy eating, and exercise with them!

## Daily Diligence

Not fully accepting ourselves, and being too self-critical, are common human conditions. How can you rewrite your inner script?

- Develop and keep nearby a list of your strengths and abilities: personal attributes (“I’m extra insightful”), goals achieved, people you’ve helped, successful projects you’ve completed, and other self-affirmations.
- Whenever your day needs a positive boost, refer to your “personal power” list. Add to it often!

*Additional sources: Psychology Today, Psych Central.*

*Do the winter months  
make you feel SAD?*

**10 million Americans**  
experience Seasonal Affective  
Disorder (SAD). 10-20% of people  
may have milder forms of SAD.



Access counseling services  
through your program.



The webinar, **Transgender 102: To the Bathrooms and BEYOND** is available now on the Learning Center.