



"Ten Tips for Toughness"

By Kathy Kraus

1. Mental strength can be built.
2. Knowledge is power; learn about what you fear most.
3. Self-pity is wasted time.
4. Focus anger into a positive force.
5. Patience pays.
6. Research your soul to find joy, wholeness and your own Spirituality.
7. Exercise.
8. Relax and take "time out" (or a nap).
9. Have realistic goals and celebrate the small steps.
10. Change the subject; do not dwell on negative issues or things that drain your energy.