





# ARKANSAS WING SAFETY



**Mental Health Tips - Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!



## **Resiliency Tips - The Purpose Check-Up Activity**

If you have already tapped into purpose, consider doing a short check-up exercise that allows for you to reflect, take inventory, and recharge.

The purpose checkup activity is available [here](#).

[Here](#) is his Manifesto for Purpose and 10 Questions for Unlocking the Power of your Purpose.

Here is a helpful [blog and activity form](#) on how to unlock the power of purpose.

## **Bounce Back Tips - Ask For Feedback**

When faced with failure, most of us have the immediate inclination to just run the other way--dealing with it head-on can feel a little too mortifying.

But, sucking up your pride and asking for some feedback is crucial for turning those circumstances around and using them to better yourself. So, when a situation warrants it, grab the bull by the horns and find out what you could've done better.

No, it's not always easy. But it can make all the difference.

