

# Environment Moods

## Positives

Able  
Accept  
Attitude  
Awareness  
Balance  
Better  
Bounce Back  
Care  
Caring  
Challenges  
Confidence  
Connectivity  
Content  
Efficacy  
Emotions  
Empowered  
Energy  
Enthusiasm  
Growing  
Happy  
Health  
Hope  
Hopeful  
Inclusive  
Inspired  
Inspiring  
Kind  
Mindset  
Motivation  
Non-Judgmental  
Open-minded  
Positive  
Possible  
Psychology  
Relationships  
Resilience  
Safe  
Self-aware

## Positives

Self-discovery  
Self-management  
Skills  
Stigma-free  
Success  
Support  
Supportive  
Therapy  
Thriving  
Treatment  
Try  
Understood  
Validation  
Valued  
Valued  
Warm  
Wellness

## Positive Phrases

Be the best you  
Feelings are valid  
It's okay to not be okay  
You are not alone

## Avoid

Addiction  
Anger  
Anxiety  
Anxious  
Confused  
Crisis  
Depressed  
Enraged  
Exhausted  
Failure  
Fear  
Frustrated  
Grief  
Guilt  
Lonely  
Perfectionism  
Sad  
Shame  
Shy  
Stress  
Trauma  
Worried