

Avoid Toxic Positivity

BY VALIDATING FEELINGS

SAY THIS

NOT THIS



This must be really hard



Just stay positive



This is a lot to process



Everything happens for a reason



It's probably hard to be positive right now



Look on the bright side

Avoid Toxic Positivity

BY OFFERING SUPPORT

OFFER THIS

NOT THIS



I can pick up the kids from school today



Don't forget self-care



I would like to bring you dinner tonight



The universe only gives you as much as you can handle



Can I bring you coffee?



Just Breathe