

#WellbeingWarriors

#AssertivenessAtHome

State your needs and wants confidently



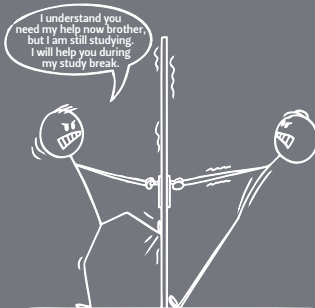
Acknowledge that you can't control other peoples' behaviour



Express yourself in a positive manner



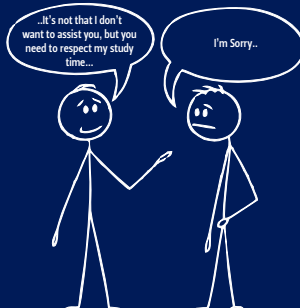
Be open to criticism and compliments



Value yourself and your rights



Use assertive communication techniques



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