

You can't control
the journey.

But you can control
your actions.

Each decision moves
you forward.



Choose to **RISE ABOVE**
YORK

R Remain calm.
Pause and
take a breath.

I Identify and
make positive
choices.

S Stay confident
in your decision.

E Express yourself
to someone
you trust.

Find support and inspiration at bit.ly/riseaboveyork