

Obstacles are what  
you see when you take  
your eye off the goal.



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](https://bit.ly/riseaboveyork)