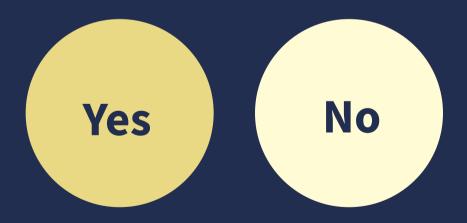
Is it charged? Do you have reception?



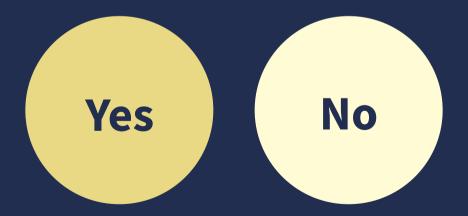


Call for help. Describe to them where you are, wait, or follow their instructions.

Lucky you, you aren't gonna die alone here.

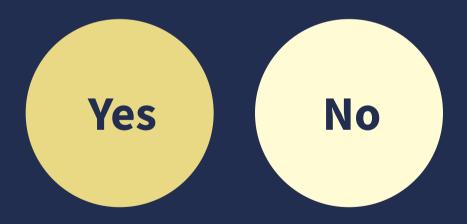


Are you lost?



Are you physically lost?

Ex. I don't know where I am!





Do they know where you two are?





You should work on your sense of direction and be more independent.

But you are OK for now.



Are they Norking? GPS charged? Compass functional? Map is accurate?

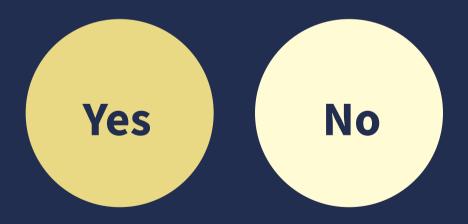




Figure out where you came from.

What's next?



First, sit down and hydrate yourself and eat. DON'T PANIC! Use this as an opportunity to calm down.

What's next?





When did you think you went off track? When was the last time you saw a track marker?

You might not be that far away from the right track!



Leave a mark.

Find a clearing that can be seen from the sky that is CLOSE to where you are lost.

Do you have bright fluorescent tape or colored clothing?





Leave a mark.

Find sticks, large branches, rocks, or anything that you can spell out SOS for help.





Is there a tall tree/rock you can climb up to near you?



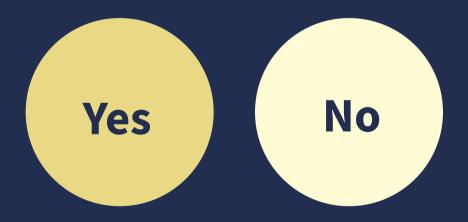


Climb up the tree/rock safely. Look for the track you came from, or, look around to understand the terrain.

What's next?



Are you alone?





Where are you?

Wilderness/Rural Area

Urban Area



What do you have with you?



Food & water

Phone

Nothing!!!



DON'T PANIC! It's ok, you'll get yourself out of this. Sit down somewhere safe and calm down so that you can think clearly.

What's next?



Leave a mark.

Use your fluorescent tape or bright colored clothing to leave a signal that is visible from above.





Think and plan.

Decided on what you are going to do.

Will you wait for help? Will you retrace your steps? Do you think you are close or far from your correct route? Do you enough food & water? Is there a water source nearby?





Is it almost nightfall?





Find a shelter.

You want to get out of here, we get it. But, you can't find your way out when there's no light during the night

What's next?



Build a Fire

A fire not only will keep deadly beasts away, but it also protects you from hypothermia. It also acts as a signal fire.

What's next?



Stay put Stay warm.

Stay where you are until morning.

When you can see your surroundings, return to this guide.

Good night



Wow, look at you! Keep it up!



I'm lost for words.

What do you mean you are just not physically or mentally lost?



Is there a powerline near you?





Is there are river near you?





Wait.

Stay where you are and wait for people to find you

If you didn't tell anyone where you were going beforehand, then...good luck?

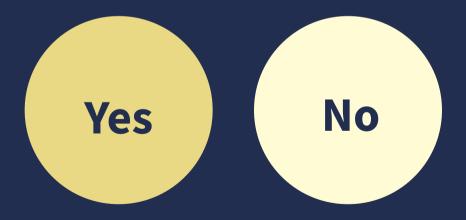
Please remember to do that next time.

I still have hope



Are you mentally lost?

Ex. What am I doing with my life?





Take care of your money. **Buy food and** drink if you need to.

What's next?



What do you have with you?

Food & water



All of the above

Nothing!!!



Rest, and drink and eat if you need to.





Do you have a phone/ computer?





Are they charged?





Follow the powerline!

It will lead you to civilization, but consider how long or how far it will take. (powerlines sometimes span across a lot of not inhabited land)

It's getting dark, help!

RETURN HOME



Follow the river!

Rivers are a great water source and food source. Keep walking along it! The river will flow through civilization!



RETURN HOME



What are you lost about?





My job

My life



Ask youself this: Am I feeling lost because of other people, or because I am a devote self critic?





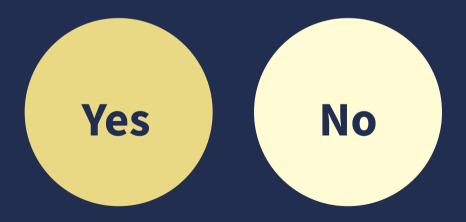
Ask youself this:

Do you love or feel affectionate towards this person in your relationship?





Ask youself this: Do I enjoy my job?





Ask youself this:

Have I been putting in enough time to take care of daily matters?





You know yourself the best.

You know your own value the best. Strive towards your goals and do what YOU enjoy. What others say, in the end of the day, are just words. Don't let them change YOU.



It's Ok. No one's perfect.

It's normal to be harsher to yourself than others. It stresses us out, but it is a way for us to look at our flaws and improve upon them. BUT, it's important that we deal with this healthily.





Think.

Why are you having someone you don't enjoy being with in your company? Habit? Fear? Loneliness? Talk to them about what you feel if you're comfortable. If not, it's ok to end the relationship. You outgrow people, and it's ok to move on from people.

< BACK

Relax.

Regardless of whether it's romantic relationship or friendships, we will always run into problems.

AND, it's probably not a one-sided problem.

Communication is key. You two might need to talk things out.





Move on!

Of course you will feel frustrated and lost if you don't like what you're doing!

1. Change how you are approaching your job, perhaps it's your working habits that are making it not enjoyable.

2. SIMPLY, change to a job that you will know you will love. Perhaps it might not be as fruitful as your current one, but you will be motivated to work harder since you actually LIKE doing what you do!



We know it's stressful.

Even if you like what you are doing... WORK IS TIRING! The stress and piles of work is probably making what you do less enjoyable.

Learn more tips



It's never enough.

We always want to have the fantastical "perfect" life. However, this is unrealistic and not achievable. Your ideal life should be the one that maximizes your happiness.





Time to start.

Of course you will be unsatisfied with your life if you have never managed it probably!

Began making a plan, organize yourself, and get into a good routine.



Determine which direction you came from and retrace your steps.





Do you have a compass on you?





Connect to wifi/data 1.determine your location through Google Maps etc.

Or, call a friend for help 2.Describe your location to them





Do you have a charger/porta ble charging battery?





Charge your phone/com puter.





1.LOVE

You may be loving your job, your life, someone... but how much time have you been putting aside for yourself?

It's harder to juggle other things if we can't even handle ourselves well.

Also when you know yourself well, you will know where you are and won't be lost.

The next steps will guide you through how to help yourself love yourself more.



2. Exercise Get those endorphins pumping!

Whether it's hitting the gym, or going on short walk—it doesn't have to be super intense— moving will make you feel better.

You will feel more energized and loosened up (No more back pain!).





3. You are what you eat.

Eat nutritious foods that actually sustain you.

Cookies taste great, but they are empty calories. You might be energized shortly from the sugar rush, but the crash from it would make you feel tired.





4. Sleep

You won't feel you are doing things well, or that you are well if you are tired.

- 1. Put down your phone before bed.
- Determine a goal-time to get the hours you need.
 Sleep 15 minutes earlier than the day before until you are able to sleep at your desired time.
- 3. Take short naps when you are able.





5. Take breaks

Don't forget that you are human, not a machine. Being tired is ok.

- 1. Breaks don't have to be long. Get a cup of tea, look outside a window, and stretch.
- 2. Pamper yourself! Go see a movie, have a face mask, eat a good meal, or hang out with some friends!
- 3. Do something that makes you happy (ex. hug your cat)





6. Me time!

Have some time to center yourself. Do something you like without any other influences.

- 1. This might be a good chance to practice steps 1-5.
- 2. Meditate. Cleanse your mind of negative thoughts and just relax.





7. Thank you, next If there's someone toxic in your life, it's ok to cut them out.

1. You are not being selfish or mean when you do this.

2. Your time deserves to be spent on people you love, who also love you back.





8. We are human.

It's important to know that we all make mistakes.

- Don't beat yourself for doing something wrong.
- 2. Forgive yourself.
- 3. Learn from it. Know why it went wrong and try to avoid it next time.





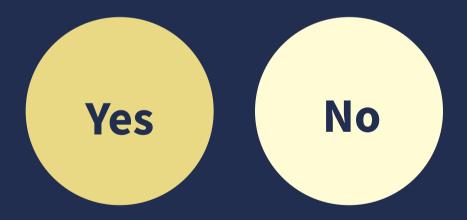
Hopefully, the person you asked knows where you are.

I know where I am!

l'm more confused!



Is there anyone around that you can ask?





Here's few more ways of determining your location

Is there...

A church

A flow of traffic

Visible sun & clouds

A police officer



Go into a store/business/ hotel and get a business card.

A business card will usually have an address on it. It will help you determine where you are.

I need more info.



Feel better?

Guiding yourself back to where you want to be is a difficult process. It takes time, but the end result is worthwhile.

REMEMBER:

Always make sure what you're doing makes you happy, whether it's about you, your relationships, your work, or your life.

I'm good now

I want to review



You are a great human bean:) Keep on loving yourself!



Go back to start



Christian churches are mostly built east-west, the main alter faces the east.

Synagogues west of Israel have the Torah Ark on the eastern end, so that worshipper face Jerusalem. You face west if you are east of Israel.



Traffic usually heads toward a transport station. You might be able to find a ride to head back to where you are.



If you notice that the sun is rising or setting, you can determine whether you are on the west side or east side.



They will help you know where you are, determine whether it's safe for you to go home, or, escort you home.

