Join Us in Managing Sadness and Negativity!

We’ve noticed that sadness is one of the most common challenges our community members face.

Join Dr. Andrew Miki on a [5 Day Mental Fitness Challenge](https://www.starlingminds.com/5dmfc) to learn practical techniques for managing sadness and negativity. Andrew is a practicing registered psychologist and the creator of Starling Minds. This challenge is part of your Starling membership, so there is no additional charge.

This 5 Day Mental Fitness Challenge consists of:

* An initial assessment to be completed before June 5th.
* Focused instruction around managing sadness and negativity.
* Simple tools to help you identify negative thoughts and patterns.
* Practical tools to help you manage sadness.
* Unique 2.5 minute mental fitness exercises to improve your mood.
* A final assessment to measure your progress to be completed after June 9th.

The challenge officially starts on June 5th. Space is limited so[sign up now](https://www.starlingminds.com/5dmfc) to reserve your spot.

We hope to see you soon!



The Starling Team

*Ps. The Starling program is an integral part of the 5 Day Mental Fitness Challenge. If you have not already registered for the Starling program, you can do so* [*here*](https://app.starlingminds.com/registration)*.*