

INHALE  
*Exhale*  
REPEAT

# REMEMBER:

1. SEE
2. TOUCH
3. HEAR
4. SMELL
5. FEEL



# SHINY HAPPY PEOPLE LAUGHING



# YOUR ABILITIES ARE VALUABLE, YOUR MENTAL HEALTH IS ESSENTIAL.



# SEEKING HELP IS A SIGN OF STRENGTH, NOT WEAKNESS



**I FEEL EVERY EMOTION,  
SO I EXPRESS EVERY  
EMOTION. THAT MAKES  
ME REAL, NOT WEAK.**



# PROGRESS, NOT PERFECTION, ON YOUR MENTAL HEALTH JOURNEY



**YOU ARE NOT ALONE IN  
YOUR STRUGGLES;  
REACH OUT FOR  
SUPPORT.**

**LET'S TALK  
ABOUT  
MENTAL  
HEALTH**



# TAKING CARE OF YOUR MIND IS JUST AS IMPORTANT AS TAKING CARE OF YOUR BODY





# YOU ARE CAPABLE, DESERVING OF HAPPINESS AND MENTAL WELL-BEING

