

**Breathe when you feel overwhelmed.**

**Visualize what you want in life.**

**Find fresh air, everyday.**

**Take a full breath.**

**Share your story.**

**Tell someone.**



**Don’t be afraid to seek guidance.**

**Mental illness affects people**

**from all backgrounds.**

**Hug someone you love. Human touch goes a long way.**

**Plan something you love to do every Monday.**

**Make time for yourself.**

**Ask for help.**



**Take care of yourself.**

**Have strength and courage.**

**Everyone deserves love and attention.**

**Write a brave new ending.**

**You matter.**

**Progress, not perfection.**