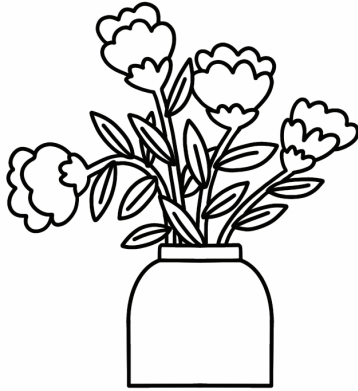


# Let Your Mental Health Bloom!



Talk about your  
*feelings*



Connect with  
*others*



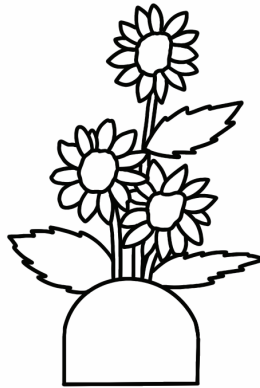
Take care of your  
*physical health*



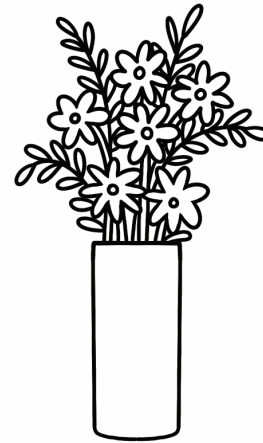
Practice  
*meditation*



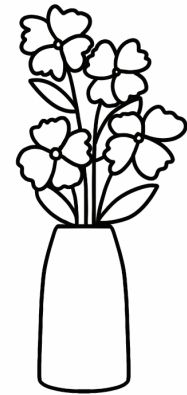
Relax and take a  
*break*



Do an activity  
*you enjoy*



Get a good night's  
*sleep*



Accept yourself  
*as you are!*