

Purple



Reach out to a friend to spread your joy!



Have a good cry. Remind yourself that feelings come and go but you're always valuable.

Green



Write a note to your future self about something that makes you happy. Read it some other time, when you're feeling down.

Keep learning and growing into the best version of you!



Do some art. (Visual or performing.) Draw, sing, color, dance, cross stitch, play an instrument, paint, use clay, write or act out a play...

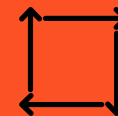


Connect with nature. Go outside, look out the window, care for indoor plants, or pull up a calming video of somewhere you'd love to be.



Lemon Squeeze: Clench your fists super tight, like you're squeezing lemons, for 5 seconds then release them. Repeat three times.

Box breathing: At your own pace, breathe in for 4 counts, hold for 4, out for 4, hold for 4.



Go for a walk outdoors OR do push-ups/wall presses.



Red



Blue



Live Oak Mental Wellness Project believes that access to mental health support can have life-changing effects across generations, **improving emotional regulation, resilience, and relationships.**

We share information about improving your mental wellness at home and host mental wellness workshops to practice putting theories into action, empowering you to **transition from surviving to *flourishing*.**



LiveOakMentalWellnessProject.com