

PRACTICE BEING MINDFUL & THOUGHTFUL

WRITE DOWN 10 THINGS YOU LIKE ABOUT YOURSELF

POSITIVE VIBES



DAY 1

LET ME SEE HOW JAME IS DOING.....



HI CJ, THANKS FOR CHECKING IN

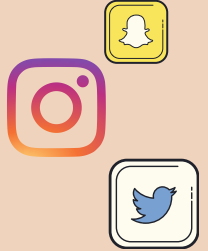


CHECK IN WITH A FRIEND ABOUT THEIR MENTAL HEALTH

DAY 2



DISTANCE YOURSELF FROM ALL SOCIAL MEDIA PLATFORMS FOR 24 HOURS



DAY 3

JOURNAL YOUR THOUGHTS FOR 15 MINUTES

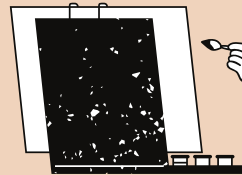


DAY 4

I can & I will

I am confident

I am worthy



SAY 3 AFFIRMATIONS ABOUT YOURSELF ALOUD

DAY 5



TAKE 5 DEEP BREATHS

DAY 6