

Emotional Well-Being Naturally.

Recharge your

Take some time to laugh today.

Move your body every day.



EXERCISE, DANCE, GO FOR A WALK, SMILE AND LAUGH TOGETHER.

Work with your hands.



PLAY AN INSTRUMENT, COLORING, BAKE, WOODWORKING.

Be a friend. Make a friend.

SMILE, OTHER, BE KIND, SAY HELLO.

Spend time in-person.



HANG WITH A FRIEND.

Eat more healthy foods.



PROCESSED FOODS MAKE YOU FEEL BAD.

Forgive one another.



HOLDING A GRUDGE IS TOXIC.

Ask for help. It's okay.



WE ARE MEANT TO HELP EACH OTHER OUT.

Find purpose in life.



USE YOUR TALENTS TO SERVE OTHERS.

Long to belong.

YOU BELONG IN COMMUNITY WITH OTHERS.

Be outside. In nature.



HEAR, SMELL, LISTEN, FRESH AIR.

Take quiet time each day.



QUIET CREATES CALM.

Unplug from devices.



RELAX, RECHARGE, FIND A NEW HOBBY.

Take time to listen to another person.

There's no one else in the world just like you.



Challenge:
Spend 10 min. less per day on your device and do a hands-on project instead.

Find healthy ways to deal with stress naturally. Scan to learn more:



info@connectandcolor.com
connectandcolor.com
224-735-3535

