

# Emotional Well-Being Naturally.

Recharge your

Take some time to laugh today.

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**Move your body every day.**

**Work with your hands.**

**Be a friend. Make a friend.**

**Spend time in-person.**

**Eat more healthy foods.**

**Forgive one another.**

**Ask for help. It's okay.**

**Find purpose in life.**

**Long to belong.**

**Be outside. In nature.**

**Take quiet time each day.**

**Unplug from devices.**

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:



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