CHECK-IN.

Checking in means setting time aside to reflect with yourself on how you are feeling and what you need. Here are some questions you can answer to check-in on your mental health.

CELEBRATE.

Everything you do for your mental health is a reason for celebration. Swipe to reflect on the everyday decisions to care for your mental health.

APPRECIATE.

Gratitude is showing appreciation to yourself. Join our gratitude challenge and try giving thanks to yourself.