

MIND YOUR MIND RESOURCES



MINDFULNESS



- Spotify code stickers
- Blank journals
- Journaling tip cards*
- Essential oil tubes

SUPPORT



- Demographic-specific resource lists
- Self-help apps for students
- Affirmation & positivity stickers

988



- Fridge magnets
- Wallet cards*
- Suicide warning signs for adults & youth*
- 'There is hope' stickers*
- Car stickers
- Posters*

GROUNDING



- MYM sensory strips
- MYM blue gel squeeze balls
- Box breathing stickers

OTHER



- MYM rack cards*
- Growth mindset bookmarks
- MYM pens
- Cold/hot brain packs
- CRM one-pager*
- Sour candy and mints