



CUPID'S RECIPE FOR SELF LOVE

*Guaranteed to make you feel a little better
on a not so great day*

INGREDIENTS

01



*Calm the mind and write it
out on your very own
notebook!*

05



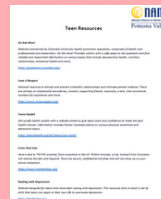
*Need a break?
Use your favorite colors and
enjoy mindfulness coloring
session!*

02



*Feeling anxious?
Release that stress and
squeeze !*

06



*Need some support?
Use the teen resources sheet
to find mental health
resources!*

03



*Bring some positivity in your
day and say an affirmation
out loud.*

07



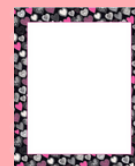
*Spark joy with some fruity
scents with the sortach and
sniff stickers!*

04



*Peel off your motivational
sticker and place it where you
can see it everyday*

08



*Write a love-letter to
yourself and share what you
are grateful for today.*

SELF CARE IS NOT SELFISH, IT'S AN ACT OF SELF LOVE

Self care is a journey not a destination, so cherish each moment.

NEED TO TALK TO SOMEONE RIGHT NOW?

FREE COUNSELING SUPPORT AVAILABLE BY CALLING

THE NATIONAL SUICIDE PREVENTION LIFELINE AVAILABLE 24/7

1-800-278-TALK(8255)



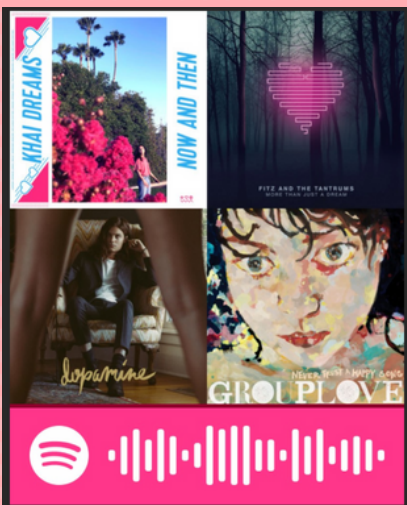


SPOTIFY MUSIC PLAYLISTS

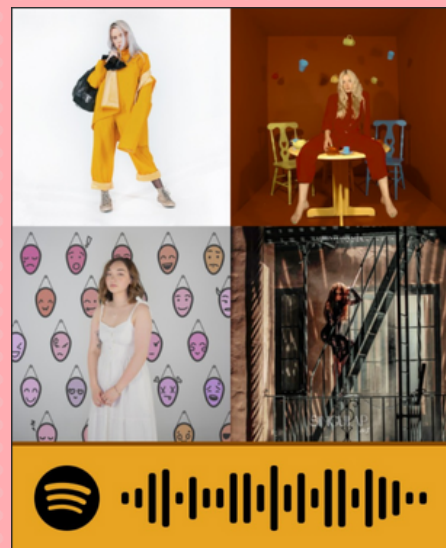
To help you cope through the good and the tough times.

To scan a Spotify Code go to the search bar, tap the camera icon then hover the camera over a playlist code below..

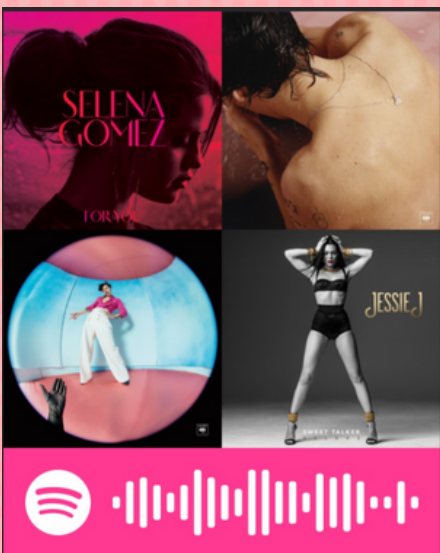
FOR WHEN YOU'RE HAPPY



IT'S OK TO BE SAD



EMPOWERMENT



HYPE SONGS

