

be kind to your

# MIND

do what you LOVE • have FUN with friends  
be ACTIVE • CELEBRATE what makes you  
SPECIAL • EAT healthy • take a BREAK • connect  
with others • give your TIME • help out  
SHARE a smile • SING • GIVE a hand • SLEEP  
do things BIG and small • be UNIQUE • feel  
totally free to BE SILLY • giggle & LAUGH

