Jan-u-ary

Mental Wellness

AWARENESS MONTH

1. Feelings & Emotions 🌟	▪ “It’s okay to feel all your feelings.” ▪ “Big feelings are not bad feelings.” ▪ “You can feel sad and still be strong.” ▪ “Feelings come and go, and that’s okay.”
2. Growth Mindset & Confidence 💪	▪ “I can try again.” ▪ “Mistakes help me learn.” ▪ “I am learning every day.” ▪ “I don’t have to be perfect to be amazing.” ▪ “I believe in myself.”
3. Self-Care & Calm 🧠	▪ “Taking deep breaths helps my body feel calm.” ▪ “Rest helps my brain grow.” ▪ “It’s okay to pause.” ▪ “Quiet time helps me feel better.”
4. Kindness & Friendship ❤️	▪ “Kind words make hearts happy.” ▪ “I can be kind to myself and others.” ▪ “Everyone deserves kindness, including me.” ▪ “We are better when we help each other.”
5. Resilience & Hope 🌈	▪ “I can get through hard things.” ▪ “Every day is a fresh start.” ▪ “I am brave, even when things are hard.” ▪ “I keep going, one step at a time.”
6. Self-Worth 🧸	▪ “I matter.” ▪ “I am loved.” ▪ “I am enough.” ▪ “I belong.”