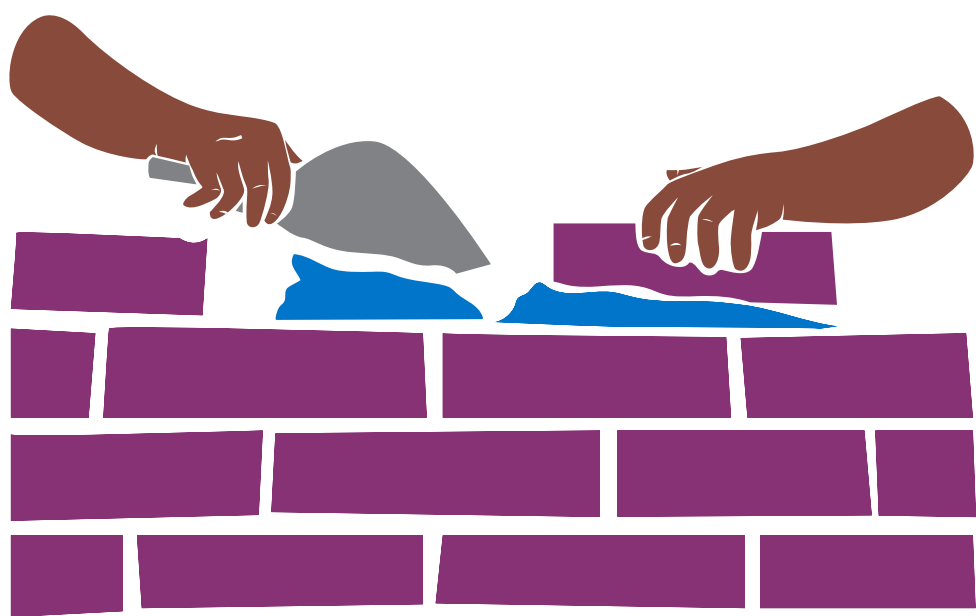


Building Your 'Mental Health House'

LITTLE BY LITTLE, A LITTLE BECOMES A LOT

Stress Awareness Month 2024 focuses on the idea that consistent small actions can make big impacts!

We encourage you to focus on making manageable adjustments to your daily routine. The cumulative effects of these habits can end up being profound!



Think of it like building a house – laying down a single brick may not seem to make a significant impact...

Each brick represents a conscious choice to prioritize and build your mental health and resilience.

They all add strength and stability, making you more resilient to the challenges that life brings.

These actions may seem small but they serve as the foundation of your mental wellbeing.

As you continue to add more bricks, your mental health house begins to take shape.

Overtime, the accumulation of these small consistent efforts leads to a remarkable outcome!

