



# MENTAL HEALTH AWARENESS

Thekindnessrocksproject.com

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Rocks PROJECT

SUN	MON	TUE	WED	THU	FRI	SAT
1 don't give up	2 THE CREATIVE PROCESS IS A PROCESS OF SURRENDER NOT CONTROL - JIM CARROLL	3 you don't have to go it alone	4 hello You can do hard things	5 just breathe it helps a lot!	6 Know this You can start over each morning	7 IT'S OKAY, FOR WHATEVER REASON, IF YOU SIMPLY CAN'T, RIGHT NOW
8 DEAR ME, YOU CAN'T BE EVERYTHING FOR EVERY BODY AND THAT'S OKAY!	9 just look at how far you've come	10 How do you feel when someone is kind to you?	11 FOR YOU Because you do so much for others and yet you need support now & again too!	12 Hang in There	13 just a Reminder that you matter a lot	14 HEY YOU SHOULD NEVER FEEL GUILTY FOR TAKING A BREAK & PUTTING YOUR MENTAL HEALTH FIRST
15 you bring joy to a lot of people!	16 People don't care how much you know until they know how much you care	17 Hello I am only human	18 Almost Everything will work again if you Unplug it for a few minutes Even You!	19 Persistence my dear	20 what are you most Proud of?	21 Put on that invisible Cape of Yours & know that you so got this!
22 I BELIEVE IN YOU	23 In order to make the world a better Place - it's simple - just Be yourself	24 You Got this!	25 it hurts when we feel unseen - so many see you Trust Me There	26 Hang in there	27 What are You Grateful For?	28 You did your best today that's all
29 Describe a time that you were Brave	30 I see you	31 You know who's going through a lot right now? Literally everyone. Just Be Kind!				