

WELCOME TO OUR
March Newsletter
so glad you're here!



Decluttering our Minds

Spring has sprung! It's time for a mental refresh. As you embark on your spring cleaning journey, don't forget to tend to the most important space of all—your mind. Let go of what no longer serves you. Try mindfulness activities or journaling to find calm amid the chaos.

Imagine mindfulness as a gentle breeze sweeping through the cluttered cupboards, corners, or drawers in your mind, clearing away the cobwebs of worry, doubt, and distraction.

Release that mental baggage that's weighing you down and make way for inner peace. Let's welcome the season of renewal with open hearts and clutter-free minds.

Be Our Guest



INTERESTED IN BEING A SPEAKER AT OUR ANNUAL MENTAL HEALTH FEST?

Our next virtual mental health festival is around the corner and we need you! This year's theme is all about transitions and the effect they have on our mental health. Do you have an experience you'd like to share? Connect with us by clicking on the lovely illustration to the right! ---->

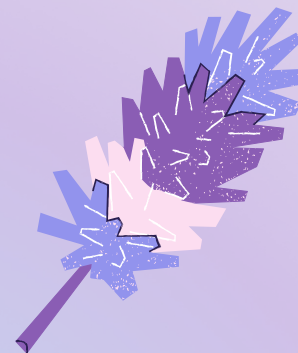




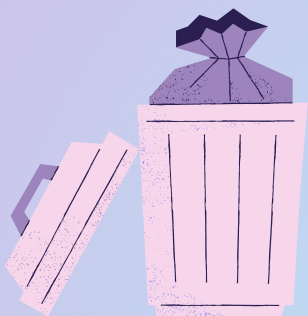
**VACCUM INTRUSIVE
THOUGHTS AND ANXIETIES**



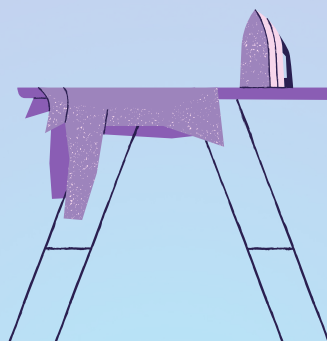
**SCRUB AWAY FEELINGS
OF GUILT AND SHAME**



**DUST OFF INSECURITIES
AND SELF-DOUBT**



**TOSS OUT
UNHEALTHY HABITS**



**SMOOTH OUT
RELATIONSHIP WRINKLES**



**WIPE THE SMUDGES
OF SELF-CRITICISM**

FOCUS ONE CHORE AT A TIME AND TAKE ALL THE TIME YOU NEED!



We're on ShopRaise so every time you make a purchase, you're donating to our cause. It's a quick and easy way to help ensure we can thrive as a non-profit. Thanks for your love!



NEWSLETTER

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