

# POSITIVITY PACK

If you have a brain then you have mental health. We all need a little positivity in our lives. Mental health affects every aspect of our life; physical health, productivity, relationships and employment. Through this project you can equip someone with stress aids and ways to positively support their mental health.

## SUPPLIES NEEDED:

Adult coloring book	Mindfulness activity
Colored pencils	Self care items:
Stress ball or stress putty	- Lotion
Journal	- Bath Salts
Affirmation cards	- Salt Scrub
Crosswords or other puzzle books	- Mask
Scented candle	- Head Massager

## INSTRUCTIONS:

1. Purchase or collect new supplies.
2. Take the supplies needed and assemble them in a bag.
3. Bring completed bags to the United Way to be distributed to agencies and clients who need them.

## REFLECTION

It's easy to think that items like sleep, eating well and stress aids are trivial. But if you've ever experienced mental illness (or known someone who has) you understand how important these items are!

1. What are some ways that you deal with stressors in your own life?
2. A strong network of supportive friends and family are important.  
Who are some people you can lean on in times of stress?
3. How can you support the mental health of those in your network?