



MENTAL HEALTH SPRING CLEANING

Just as we clear out our spaces to welcome a new season, we can also tend to our minds and mental well-being. As the weather shifts and the world begins to bloom again, spring offers a natural moment to pause, plant new intentions, and nurture our own growth.

Free Your Feels encourages you to let go of past stressors, declutter your thoughts, and adopt healthier habits. By focusing on mental spring cleaning, you can create a positive mindset, reduce anxiety, and improve overall mental health.

Like a garden coming back to life, this process takes time, patience, and care. Some thoughts may need to be gently released, while others deserve more attention and nourishment. By making small, intentional changes, you can create the conditions for resilience, clarity, and growth to steadily take root and flourish.

WRITING PROMPTS

Uncensored self-expression and creative outlets help us enhance our creativity and improve our well-being.

Use these FYF mindful journaling prompts to get started:



[Click here
for journal
prompts](#)



MINDFUL JOURNALING

Take part in mindful journaling using the Free Your Feels Guided Journal. The Free Your Feels journal was created by VOX ATL youth to provide a space to freely explore your feelings and experiences.

Through the guided activities in the journal, you can free your feels through structured prompts, personal anecdotes from teens, mindfulness exercises, and more!

School counselors and teachers can order these straight to your school using the link below:

[Click here to order FYF journals](#)

Follow for more resources!

[@freeyourfeelsga](#)



RESOURCES

Click the links for online resources

[Click here for breathing exercises](#)



Slow breathing increases activity in areas related to self-control and decreases reactivity in fear centers, helping shift the nervous system toward safety and calm. Children's Healthcare of Atlanta Strong4Life has created a handy breathing exercise visual aid.

[Click here for the roadmap](#)



This "Roadmap to Self-Care" is a go-to guide for learning how to take better care of your mind and body, with practical ideas you can actually use in your everyday life.

[Click here for the 988 website](#)



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.