



## MENTAL HEALTH SPRING CLEANING

Just as we may participate in “Spring Cleaning” to clean our spaces to welcome the new season, we can also take this opportunity to refresh our minds and mental well-being.

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.

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. 1

# MINDFUL JOURNALING

In life, understanding our feelings is important, but so is learning how to handle and manage them. Uncensored self-expression and creative outlets help us enhance our creativity and improve our well-being.

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.

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

[\*\*Click here  
to order FYF  
journals\*\*](#)

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

# ACTIVITY

Can't wait to get your hands on the Free Your Feels journal?

Use these FYF mindful journaling prompts to get started:

[\*\*Click here  
for journal  
prompts\*\*](#)

