

# **MINDING OUR MINDS**

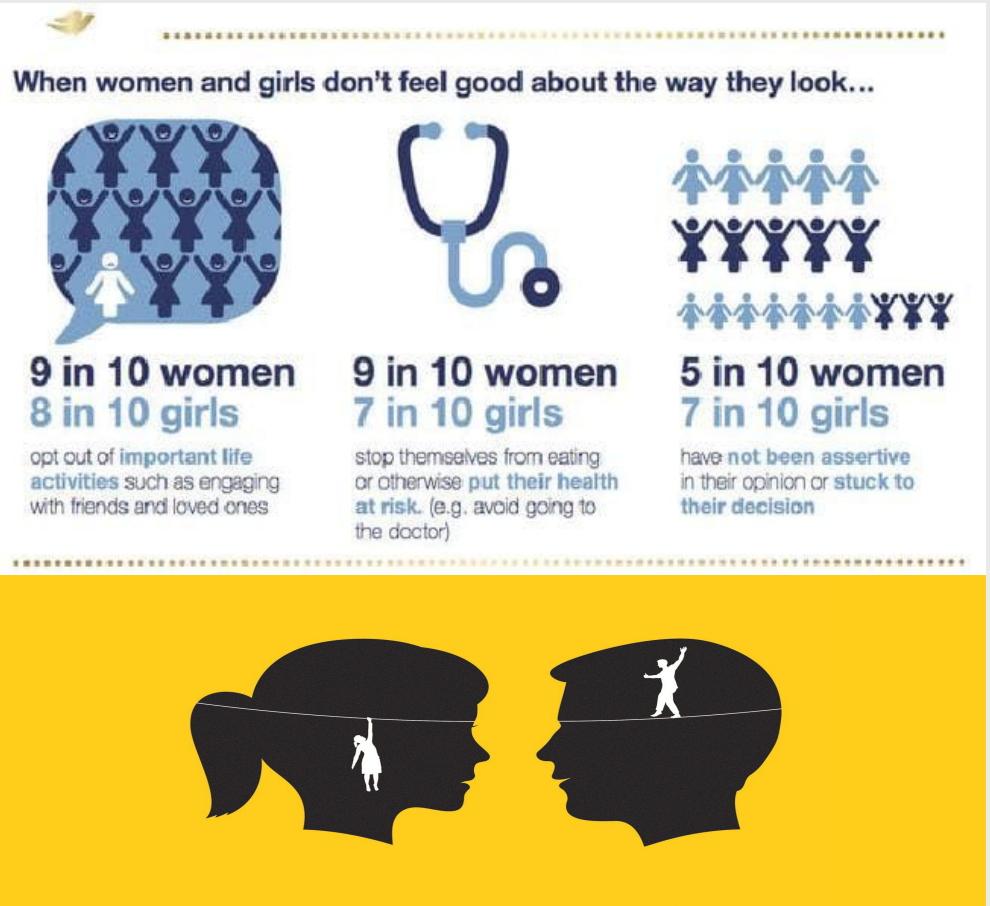


# Why is this a concern?



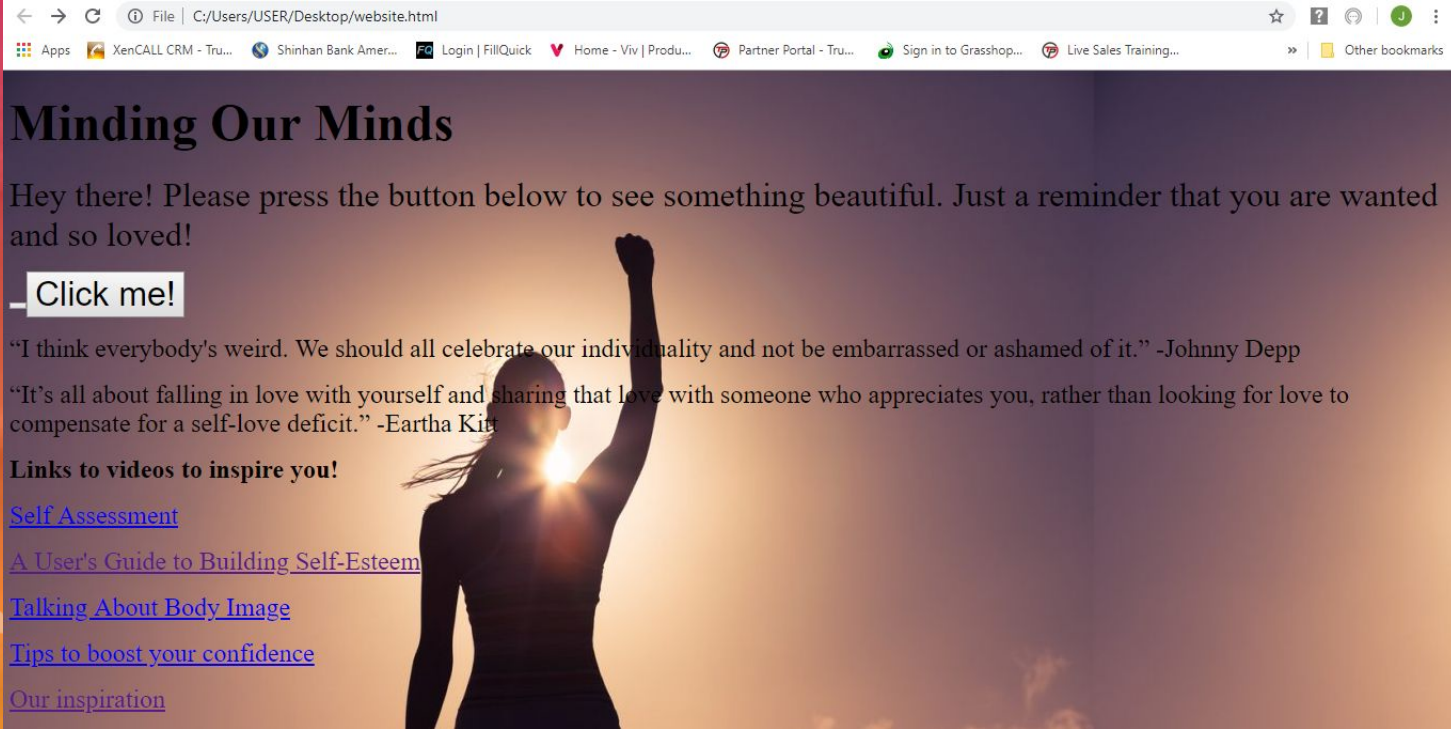
# Rates and Statistics

*You are not alone.*





# Minding Our Minds



Hey there! Please press the button below to see something beautiful. Just a reminder that you are wanted and so loved!

[Click me!](#)

“I think everybody's weird. We should all celebrate our individuality and not be embarrassed or ashamed of it.” -Johnny Depp

“It's all about falling in love with yourself and sharing that love with someone who appreciates you, rather than looking for love to compensate for a self-love deficit.” -Eartha Kitt

**Links to videos to inspire you!**

- [Self Assessment](#)
- [A User's Guide to Building Self-Esteem](#)
- [Talking About Body Image](#)
- [Tips to boost your confidence](#)
- [Our inspiration](#)

# Highlight: Mirror Feature

p5.js example


File | C:/Users/USER/Downloads/p5%20(2)/p5/empty-example/index.html

XenCALL CRM - Tru... Shinhan Bank Amer... Login | FillQuick Home - Viv | Produ... Partner Portal - Tru... Sign in to Grasshop... Live Sales Training... Other bookmarks

You are perfect the way you are!

"Well, we all know that self-esteem comes from what you think of you, not what other people think of you"  
-Gloria Gaynor

Be true to yourself and don't listen to what others say!



Windows taskbar: 1:43 AM 6/16/2019

# **Solution and Why “Minding Our Minds” Works**





# Thank you

**Get involved!!**

**Donate and help spread mental health  
awareness now!**

<https://www.mentalhealthamerica.net/donate>