

DE-STRESS EVENT

JOIN US FOR SELF-CARE TIPS, DE-STRESSING
ACTIVITIES, GOODIE BAGS, BAGEL BAR & HOT
CHOCOLATE, THERAPY DOGS, AND MORE!

Visalia Quad October 15 & 16
10AM-1PM



MENTAL HEALTH DOESN'T HAVE TO BE
SPOOKY



SELF-CARE CHECKLIST

- 
- ☐ Good sleep 
 - ☐ Meditate 
 - ☐ Exercise 
 - ☐ Read book 
 - ☐ Eat healthy 
 - ☐ Drink more water 

DON'T GHOST YOUR
MENTAL HEALTH



WRAP YOURSELF
WITH SELF-LOVE



TREAT YOURSELF

