

MIND

heart

Feeling restless?

Find your community to challenge + inspire you.

How are you becoming the best version of yourself?

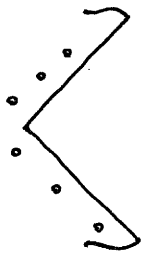
Who can help you do that?

motivation?

Need

Feeling swamped?

Stuck on a problem?



Catch up with a friend, family member, colleague, advisor, spiritual guide, or talk to someone new!

resources.mit.edu/support

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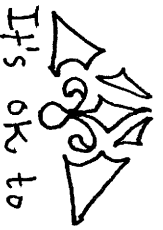
Mental Health + Counseling:
617-253-2916 M-F
617-253-4481 Sun-Sat

The Plan?

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(evenings)

How was your day?
What's up? What's down?
What's the dream?

ask for help, to reach out, to connect.



AHHH!

A lot on your mind?



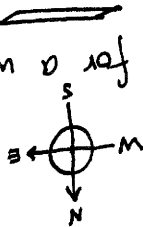
Have a meal
Take a little nap

Meditate

Energy

Need to recharge?

Go for a walk



Need a break?

APT

A MENTAL WELLNESS RESOURCE-CATCHER - by -

« open mind :: open art »

(cut & fold like you did in grade school or ask someone to show you!)