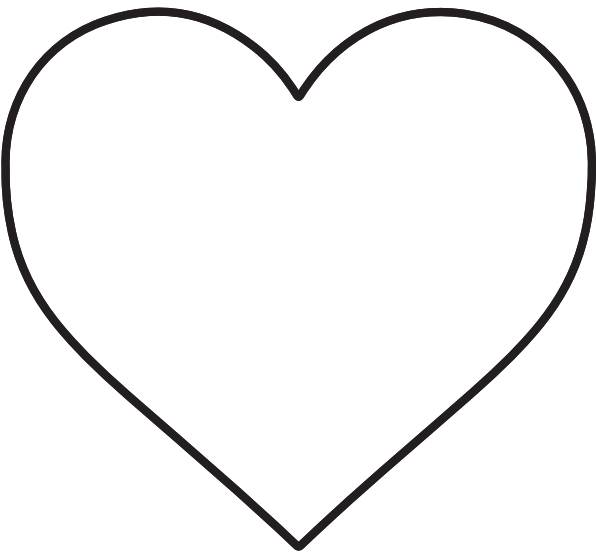


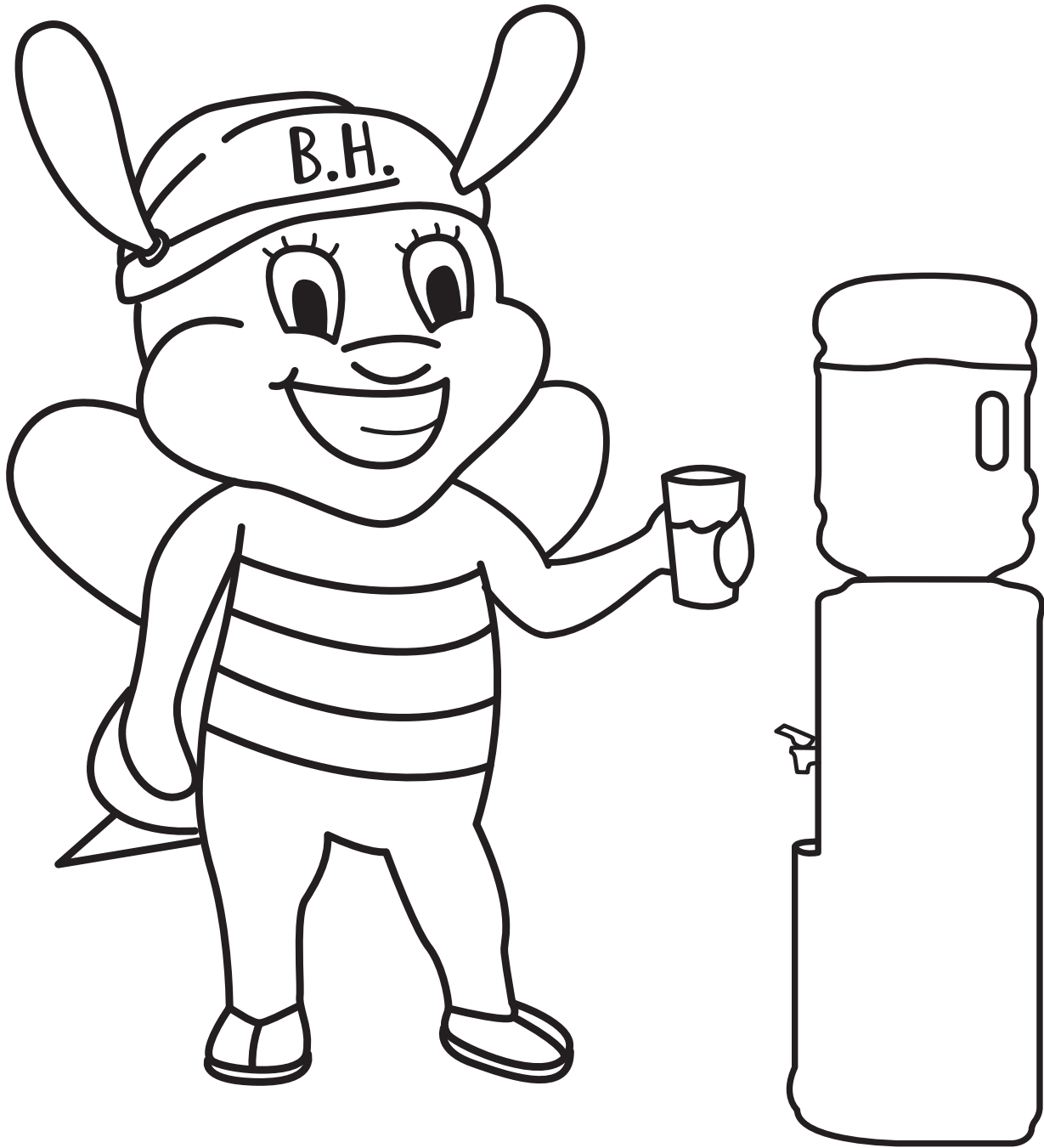


You know what
I always say!
Bee healthy!

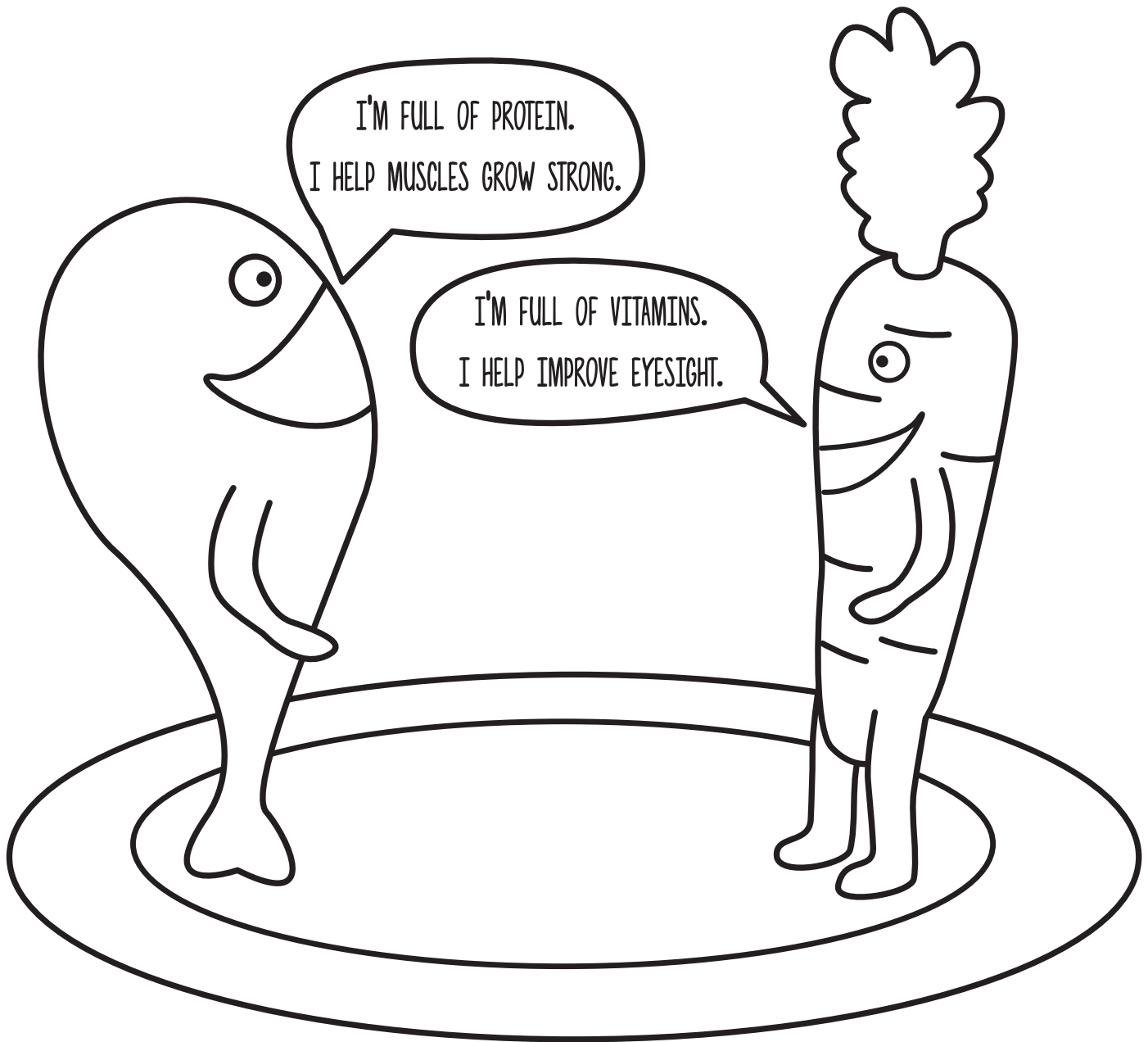


Positive Thoughts

coloring book



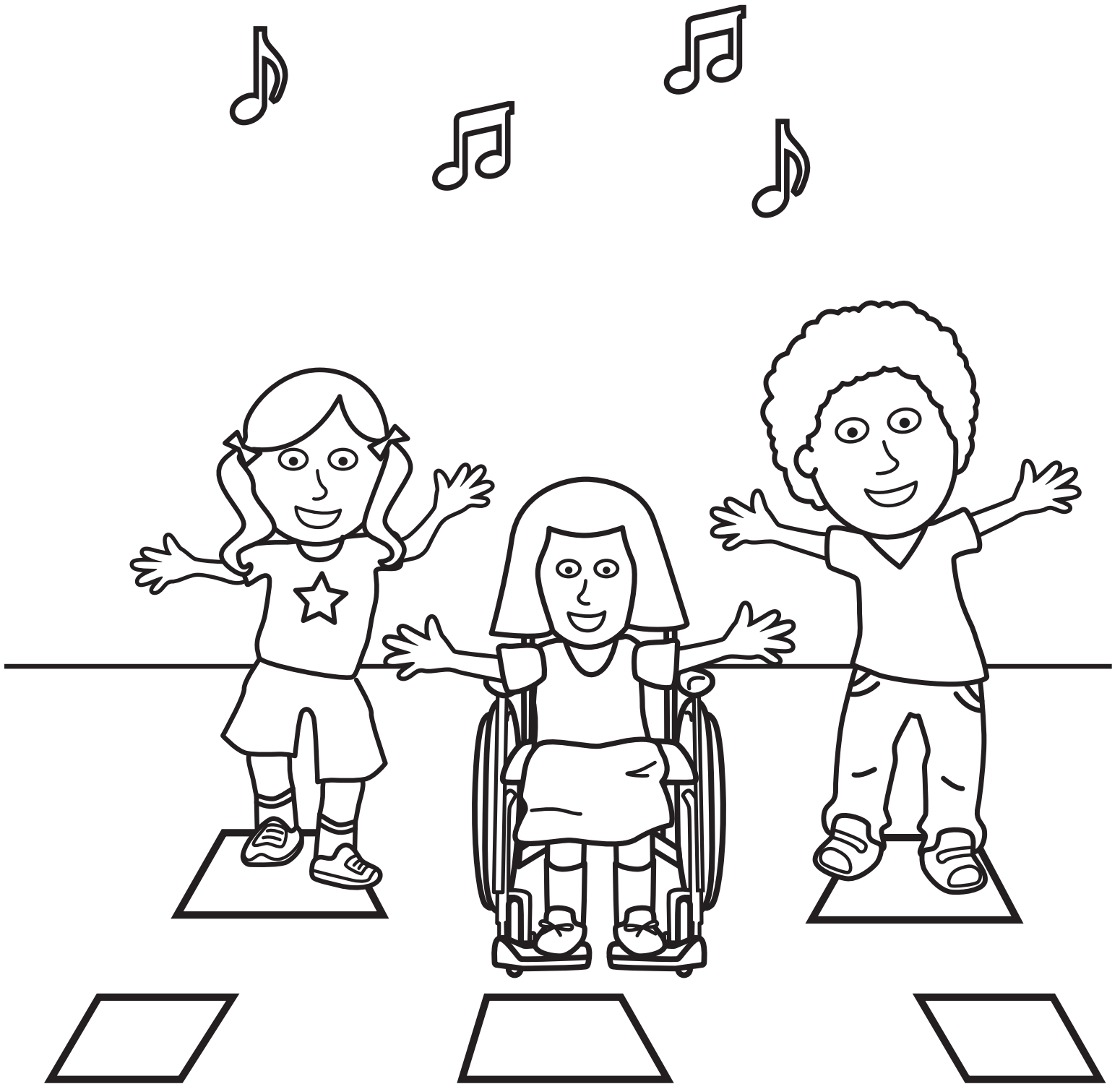
We all need to drink water!



Eating well helps you feel great!



Moving is fun!



Have fun with friends!



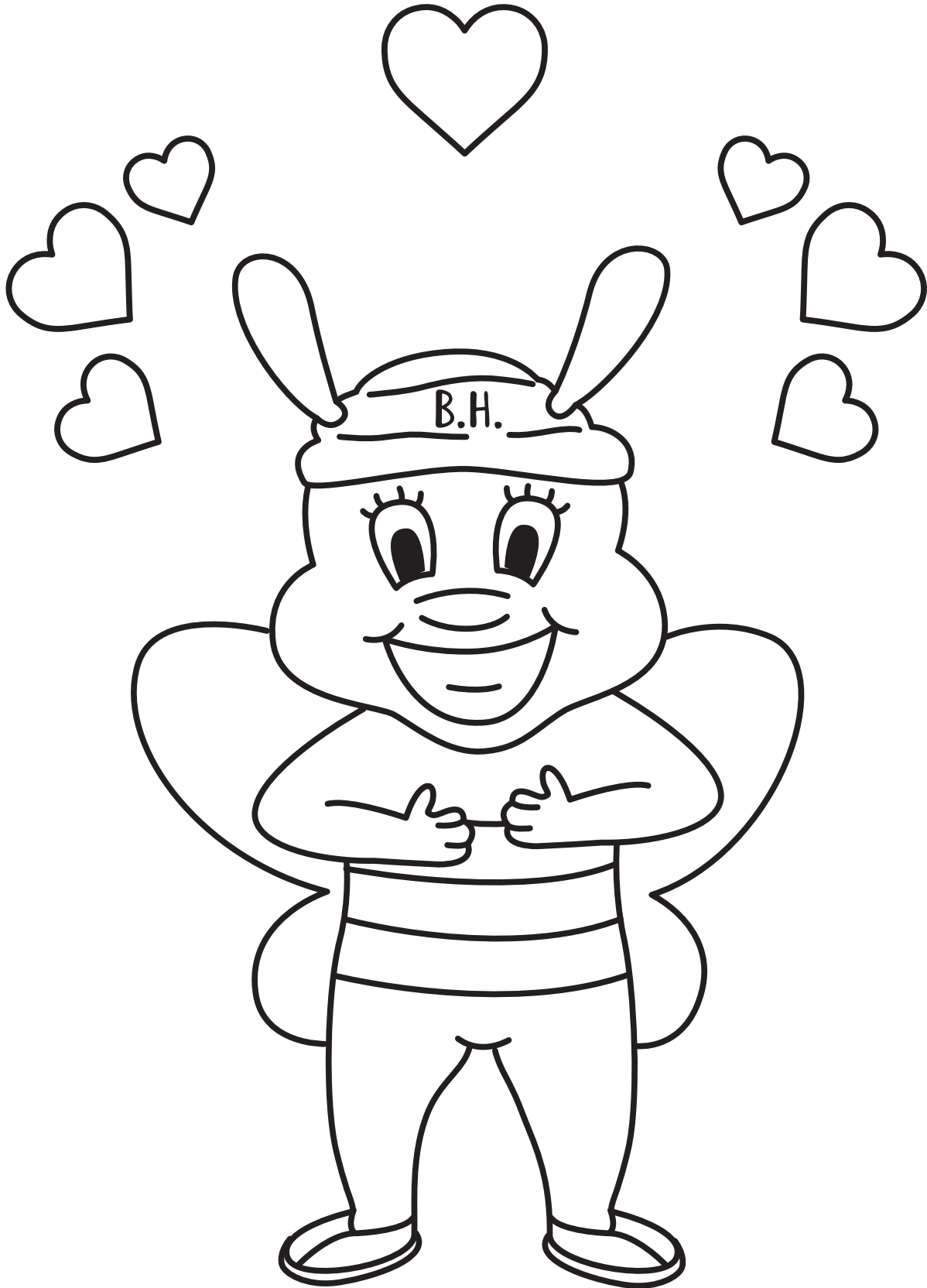
Ask for help.



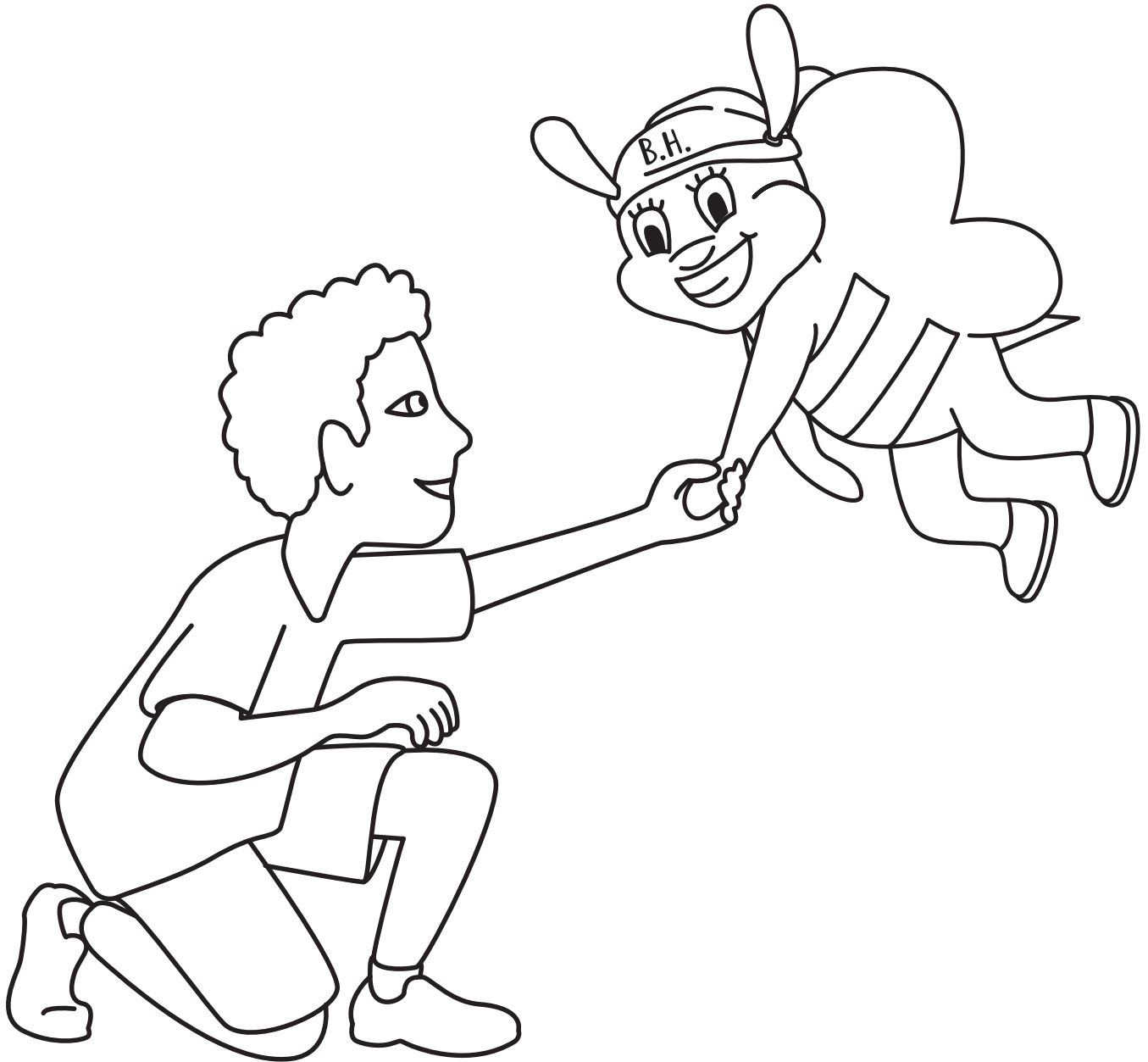
Take a break.



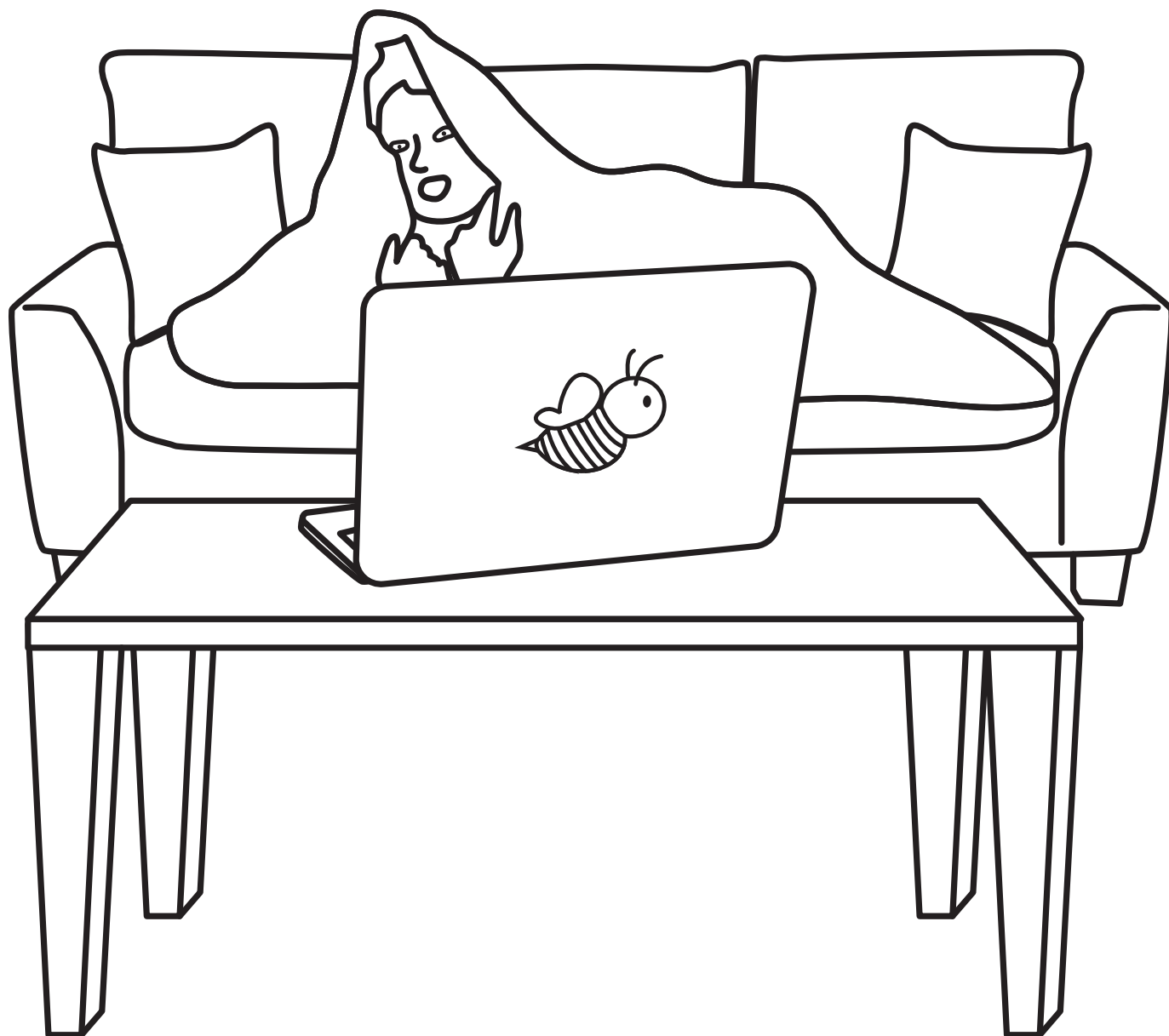
Do what you do best and enjoy!



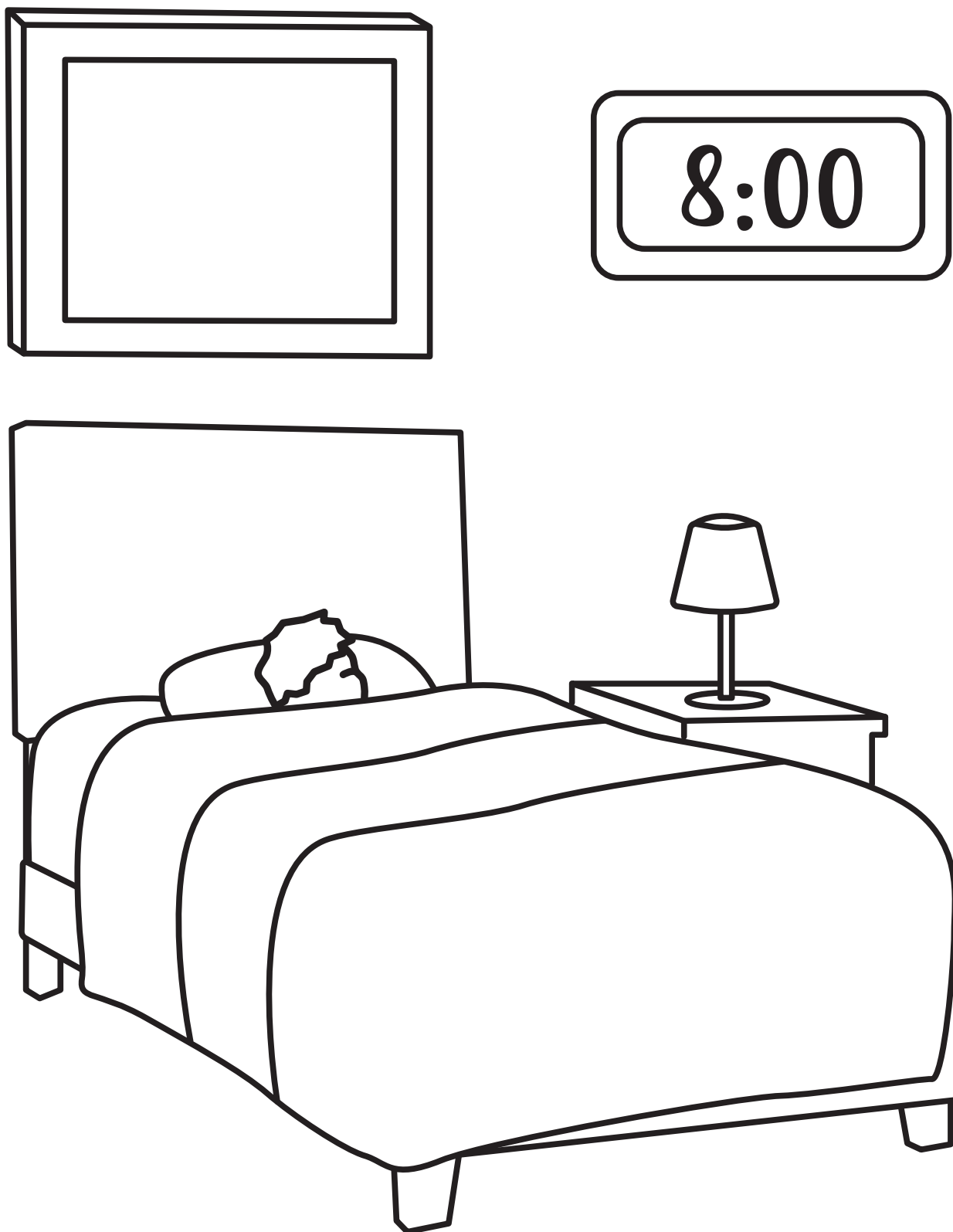
Accept yourself.



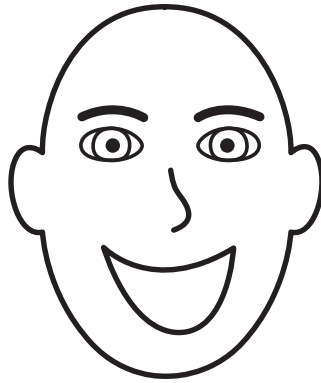
Care for others.



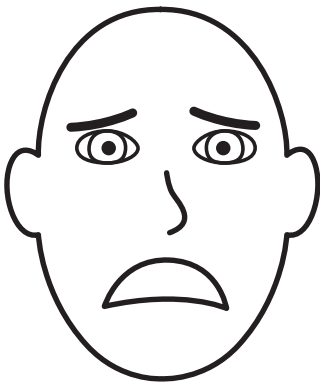
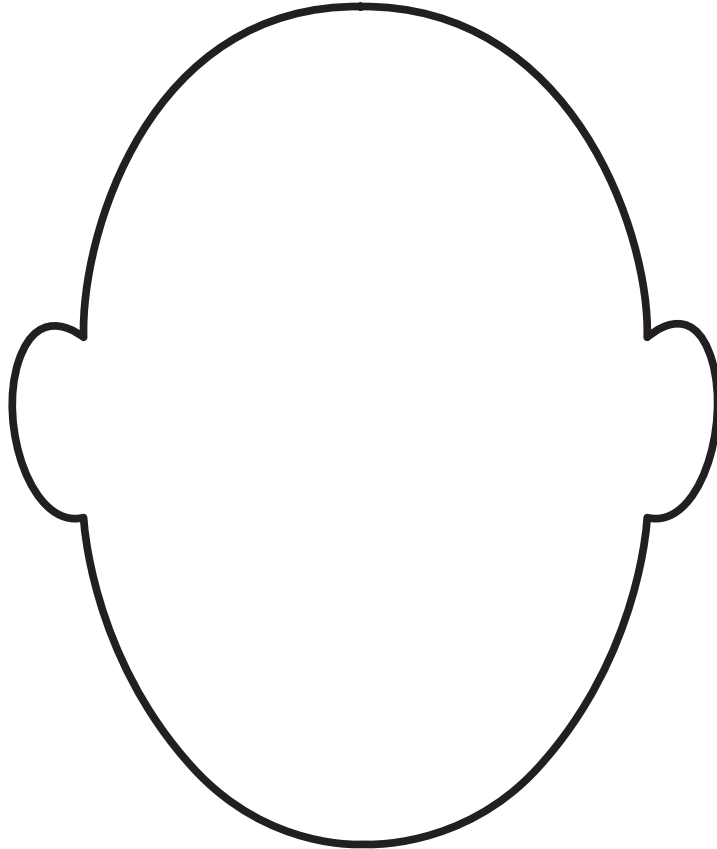
Be careful what you watch.



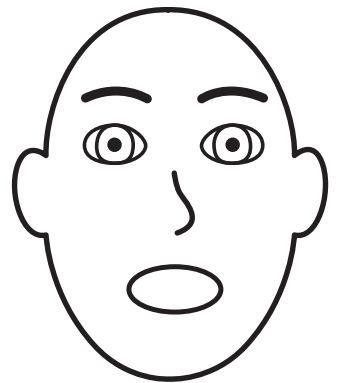
Be sure to get 8 hours of sleep.



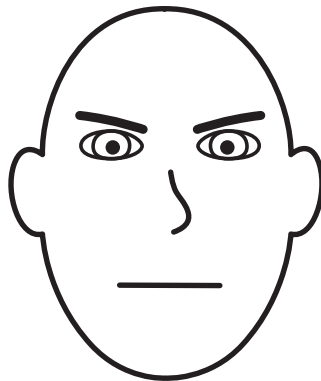
happy



sad

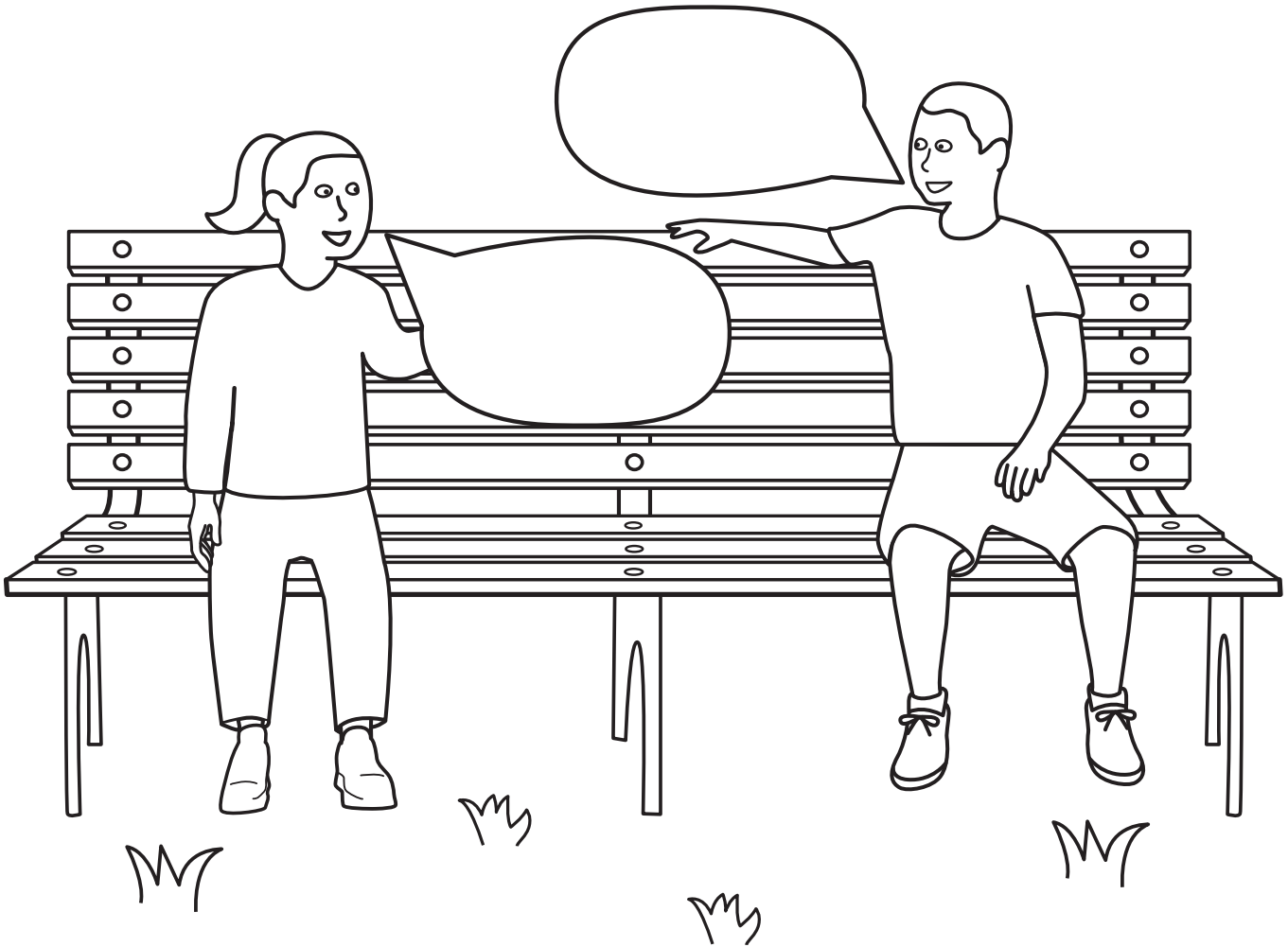


surprised

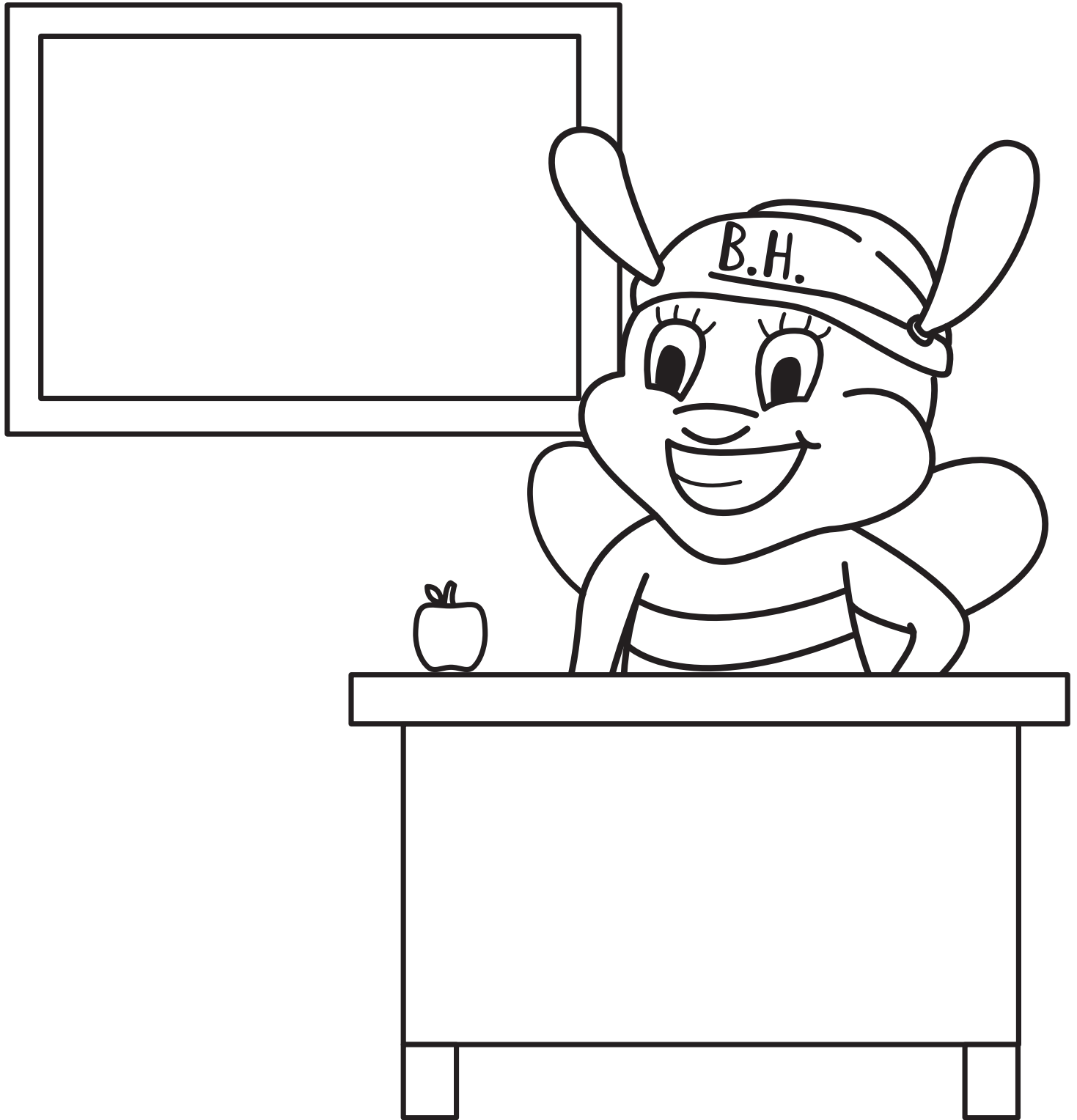


mad

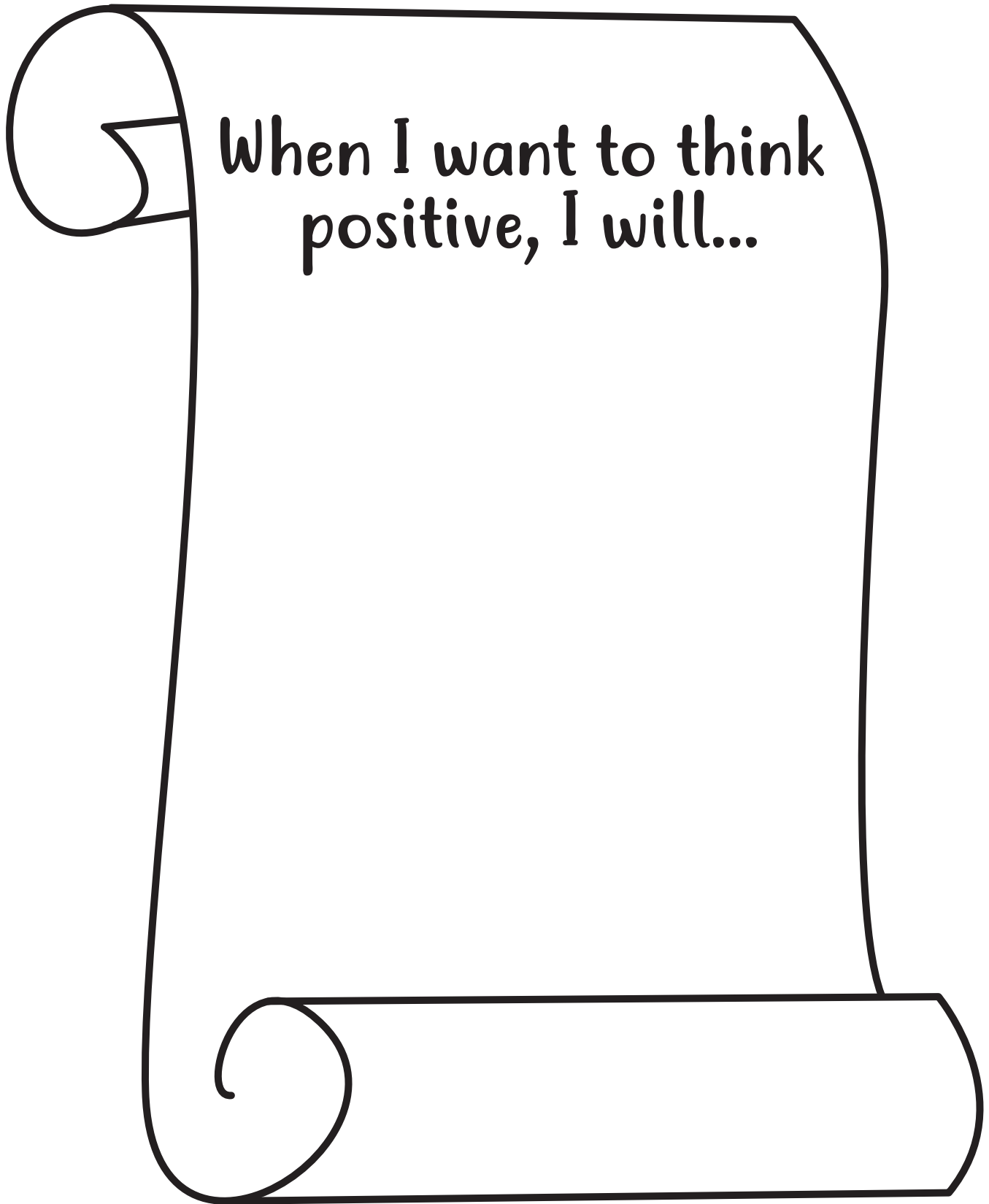
Draw your feelings.



Talk about your feelings.



If there is a problem,
talk to someone you trust.



For more information about behavioral health wellness, go to www.uky.edu/bhwell or contact Zim Okoli, PhD at 859-323-6606.