

MESSAGES OF HOPE

With the current health crisis, we're getting constant reminders that things are not OK. These reminders can lead to negative thoughts, which have an impact on our brain's functionality. Fortunately, creating and reading positive messages can help your brain release good chemicals and increase your sense of well-being. You are invited to create positive messages by filling in the signs below with words, shapes, images, and colors that spark happiness and joy. If you want, you can use your ideas here to make larger signs to put up inside or outside your home for you and others to read and enjoy. As we continue to move through this together, stand tall knowing your messages of hope can provide a much-needed smile to many people.

