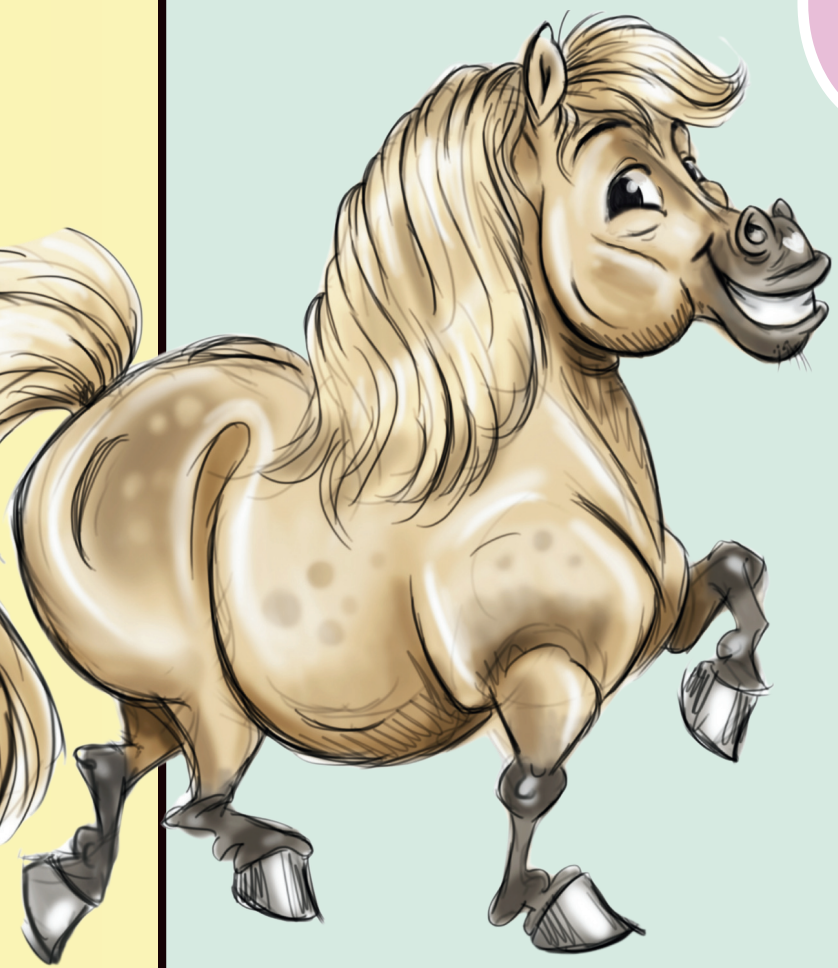


SELF LOVE AND MENTAL HEALTH



01



You're Unique, Like Horses:
Just like every horse has its
own unique features, each one
of you is special and one of a
kind. Embrace and celebrate
those wonderful differences
that make you uniquely you!



02

Be a Friend to Yourself:
Remember, you are your
own best friend. Emphasize
the importance of being a
good friend to yourselves.
Treat yourselves with the
same kindness and support
you would offer to your
friends

03



Share Your Feelings,
Like Horses in a Herd:
Encourage open
communication. Much
like horses in a herd
share their feelings,
you can do the same
with trusted friends,
family, or adults.
Sharing your feelings
is a natural part of
connecting with others

04



Kindness to Yourself Matters:

Being kind to yourself is just as important as being kind to others.
Encourage positive self-talk and the use of gentle words when thinking
about yourselves. You deserve the same kindness you offer to your
friends

@EQUIMOTIONAL