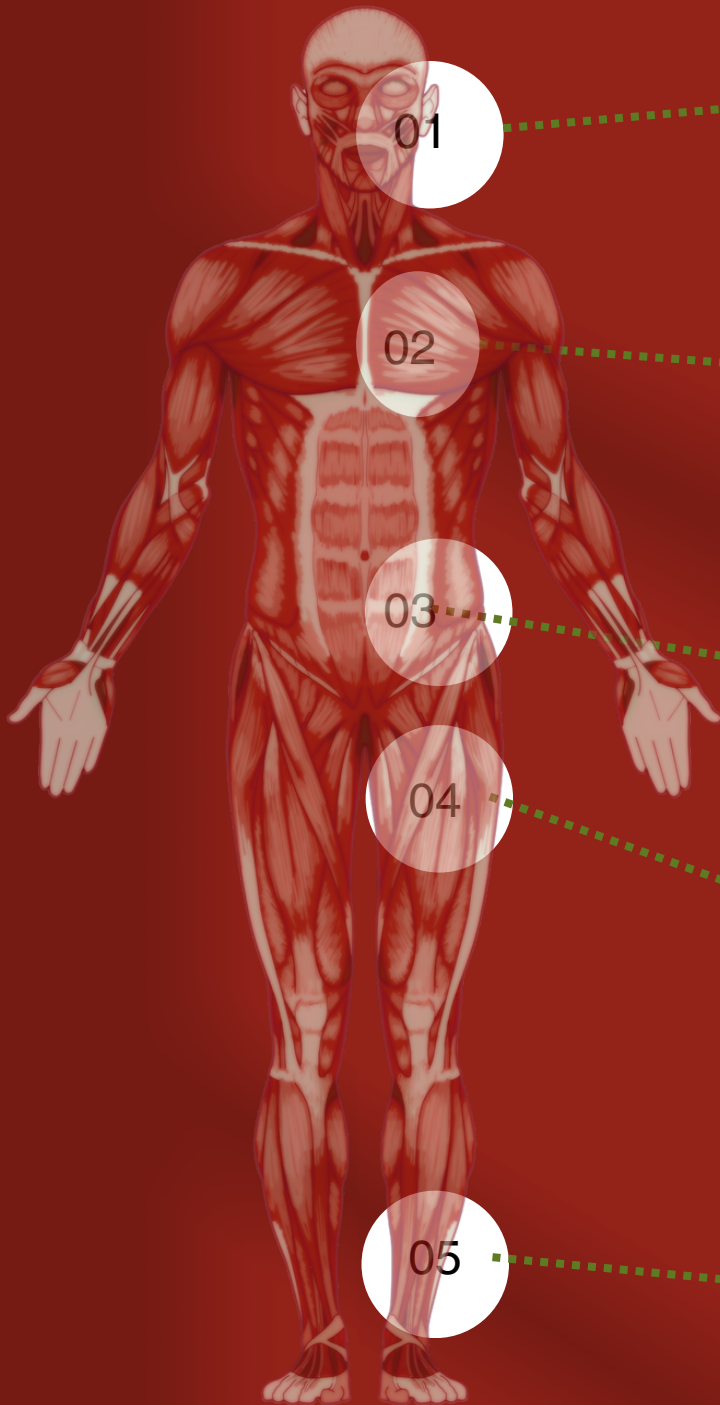


# Mental Health is: ONE BODY INDIVISIBLE UNDER GOD



## BRAIN HEALTH

Protect the avenues of the mind.  
Cultivate gratitude and trust in God

## HEART HEALTH

Guard your heart: Physically and  
emotionally. Drink plenty of water.

## GUT HEALTH

Gut health is brain health. Go  
plant-based for optimal health.

## MUSCLE HEALTH

Release endorphins and dopamine.  
Exercise is intentional movement.

## BEING INTENTIONAL

Let the beauty of creation fill your  
heart. Get fresh air and sunlight.