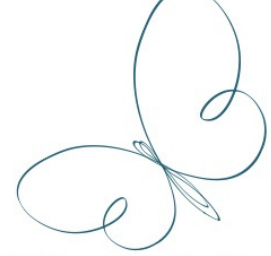


How To Keep My Battery Charged



BLUES & BEYOND
SUPPORTING PERINATAL
MENTAL HEALTH

What are five things that make you happy while doing them?
Write them down in the battery below. Try to do each of these things daily to keep your battery charged. Having a charged battery will help you get through potential challenges you may encounter throughout your day.

