



CHANNEL YOUR CREATIVITY

Being creative is more than just making something cool — it's a way to take care of your mind. Drawing, writing, music, dance, or any kind of art can help you let out feelings that are hard to explain. It gives your brain a break from stress and helps you work through tough stuff in a healthy way.

Creating helps release tension, boosts your mood, and reminds you of your strengths. Just like rest and food fuel your body, creativity fuels your spirit — helping you come back feeling refreshed and ready to handle what's next.

Follow for more resources!

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

@freeyourfeelsga



RESOURCES

LOCAL AND VIRTUAL ART-BASED ACTIVITIES

Free Art Programs at Your Library

Libraries often offer a variety of free art programs for all ages. Look up your local library to browse free art-based events.

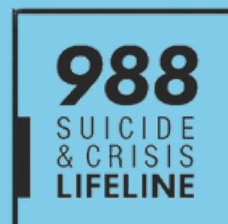
Soundtrack Your Feelings

Build your own emotional self-regulation music playlist.



988 Suicide & Crisis Lifeline

Free, 24/7 support for mental health emergencies.





TRY IT OUT

Quick tip: You don't have to be "good at art" for it to help your mental health.

Movement: Pick a song that matches your mood or energy. Move however your body wants — freestyle, jump, spin, or stretch. Don't worry about looking perfect; focus on how it makes you feel.

Speak your mind: Grab a notebook or your phone. Write down thoughts, feelings, or experiences — anything that comes to mind. Try turning it into a short poem or a spoken word piece.

Make a collage: Collect old magazines, photos, or use digital apps. Cut, layer, and arrange images or words that inspire you.

Draw a comic: Start with a few panels on paper or digitally. Add dialogue or captions to bring your story to life.

CHECK YOUR BATTERY HOW ARE YOU CURRENTLY FEELING?

FEELING GREAT

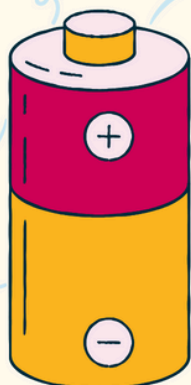
KEEP MEETING YOUR NEEDS AND PRACTICING SELF-CARE

FEELING OKAY

HOW CAN YOU MAKE YOUR DAY A TINY BIT BETTER?

STRUGGLING

PRACTICE TRIAGE. WHAT AREA OF YOUR LIFE IS SUFFERING THE MOST RIGHT NOW? FOCUS ON THAT ONE AREA TODAY.



FEELING GOOD

WHAT ARE WAYS YOU CAN MAINTAIN YOUR CURRENT LEVEL?

MEH

HOW CAN YOU LOVE ON YOURSELF TODAY? BE EXTRA KIND TO YOURSELF.

I'M EMPTY

PINPOINT WHAT'S DRAINING YOU AND TRY TO CREATE A BOUNDARY AND THEN DO ONE THING THAT FILLS YOU UP.

Sometimes life takes a lot of energy, and just like your phone, you need ways to recharge. Creative expression is like plugging yourself back in. Whether you're painting, writing, dancing, or playing music, it gives your mind a chance to reset and recharge.