

Brainbow II

Social Media Content

Posts 7-9

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POST 7:

Your health is your real hope to succeed

we are *brainbow*. advocates of mental health for all races + pronouns.

#growandglow

Your health is your real hope to succeed.

Your physical health affects your mental health, just like your heart affects your brain.

So why not nourish and cherish it as if it were your prized possession? Why not feed your soul with the goodness of the Earth and all its great wonders?

I know you've heard this all before. You can roll your eyes at us, we know it's hard to just "do" something. However, exercise, hydration and a little sunshine will do your body and mind a great service.

It won't solve all your problems, but it might make you feel a little bit better, and we do everything we can to feel better, right?

Your health is your real hope to succeed.

**#mentalhealth #breakthestigma #brainfood #brainbooster #rainbow #health #healthymind
#healthybody #healthysoul #mentalwealth #happiness #soulfood #feelbetter #depression
#seasonaldepression #psychology #psychiatry #therapist #lgbtq #lgbtqia #lgbtqplus #gay #pride
#loveislove #success**

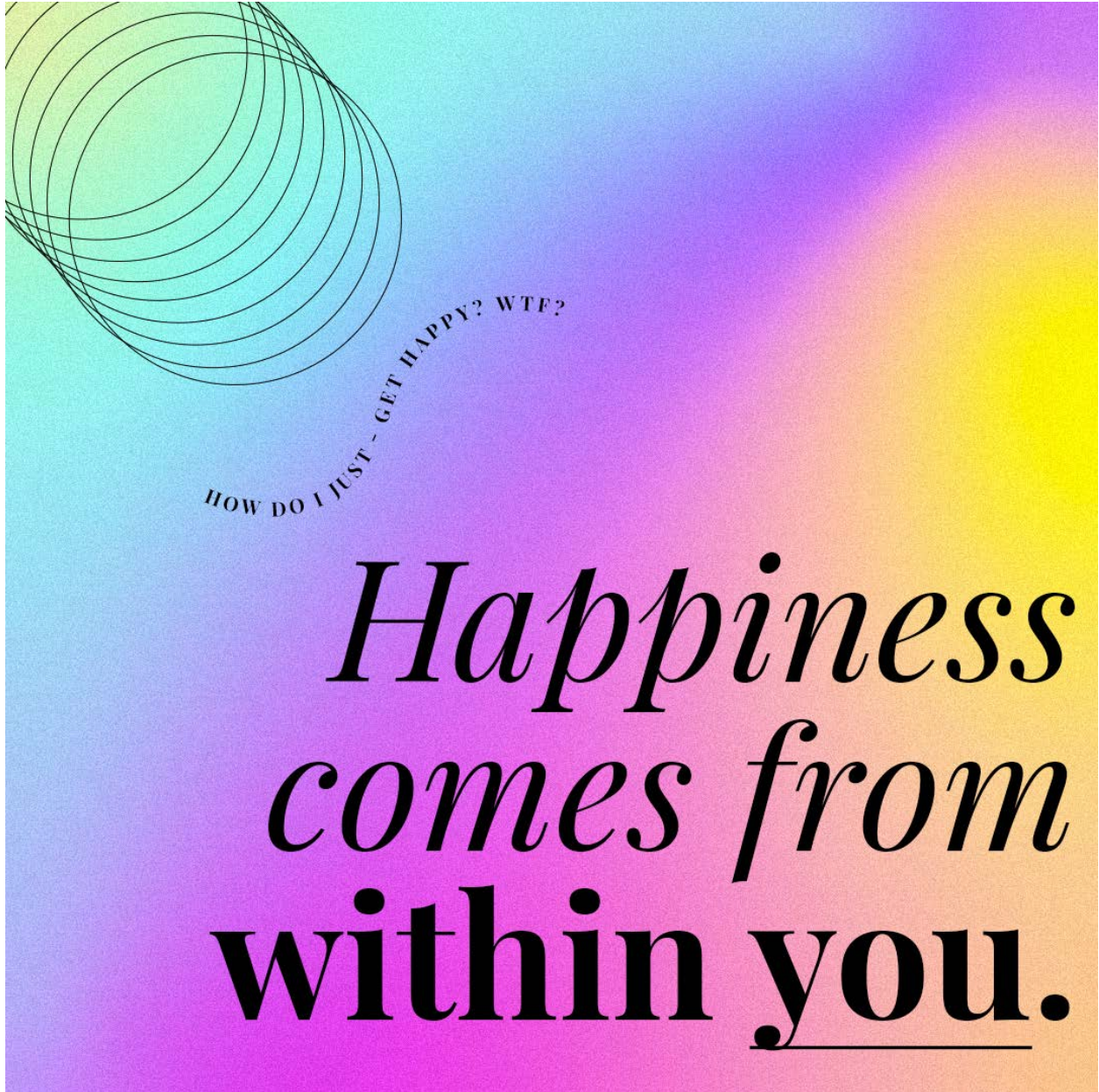
POST 8:



What is happiness to you?

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POST 9:



You don't just "get" happy. It takes work. Hard work.

Happiness is not something ready-made. It comes from your own actions. You create your happiness. Sure, outside factors will affect your happy bubble, but at the end of the day what you are doing in your life, whether you can live freely as you'd like, your work, your relationships, your personality and personas, you create all of that.

You work to have all of that, in one way or another.

Keep up the good work.

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