

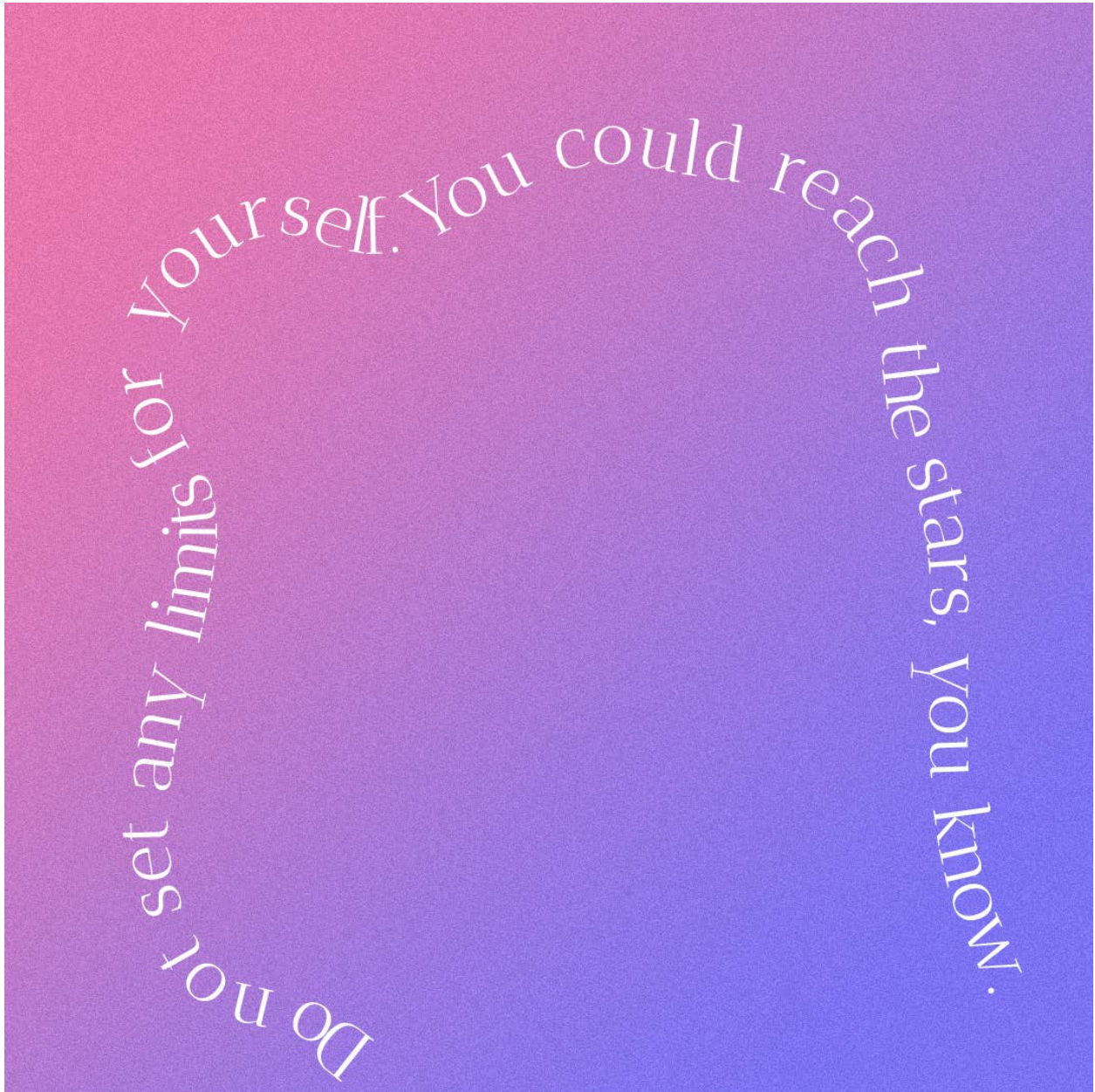
Brainbow III

Social Media Content

Posts 10-12

By: Britney J. Parks\

POST 10:



POST:

Don't set any limits for yourself, you could reach the stars, you know...

Sometimes we set limitations on ourselves unintentionally. There are a number of reasons why this can happen, but at the front and center is c o n f i d e n c e.

Our confidence within ourselves affects so many elements of our lives. If you don't have any, try as you might, you won't be reaching for the heights you could be, but guess what?

Confidence can be practiced and attained even if you don't feel like that's something you could ever be. Through a healthy lifestyle, sound body, mind and hard work, you can get there.

Practice looking in the mirror and saying nice things to yourself at the start of each day. Stop putting yourself down in your thoughts. Worship your own body as if it were a god, because it is magnificent.

No matter your shape, size or condition, you are beautiful inside and out. Sometimes it just takes peeling back a few layers to find it.

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POST 11:



POST:

Coming soon: Our first blog post, MIND GAMES.

Your mind is sneaky, it's always playing tricks on you. It tells you that you're weak, ugly, worthless and scared.

Did you know that you are none of these things your brain is telling you?

Those that suffer with mental health issues are constantly fighting a battle in their own heads that no one could ever perceive. It's not fair, but there are ways to combat it that are much better advice than just take your meds and drink water.

We're not here to tell you to drink water and get some sunlight and all your problems will cease to exist. Frankly, we hate when people say that to someone with a mental health disorder.

We're here to explain viable resources and ways to combat your negative brain from playing tricks on you.

We're here to help, so stay connected.

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[#selflove](#) [#mentalwealth](#) [#brainhealth](#)*

POST 12:



POST 12:

Need some ideas for what to do when you feel blue? Take some advice, it's free!

#GrowAndGlow with #brainbow

*#mentalhealth #mentalwealth #mindbodysoul #feelingblue #happiness #mentalhealthcheck #activities
#sad #depressioncures #grow #glow*
