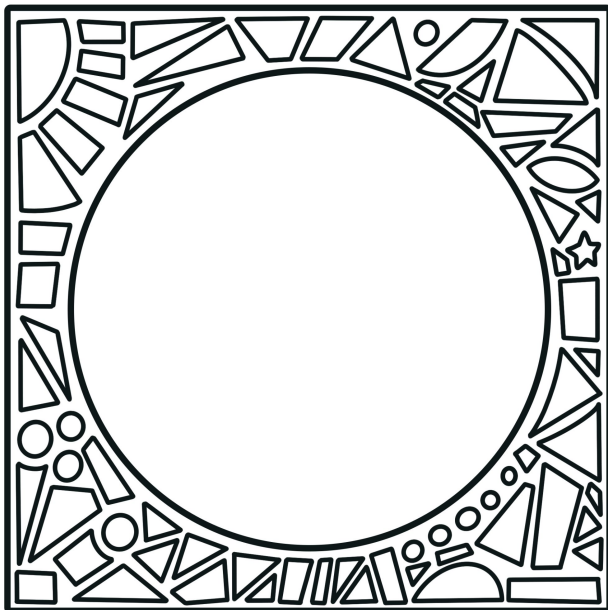


BREAKING THE SILENCE

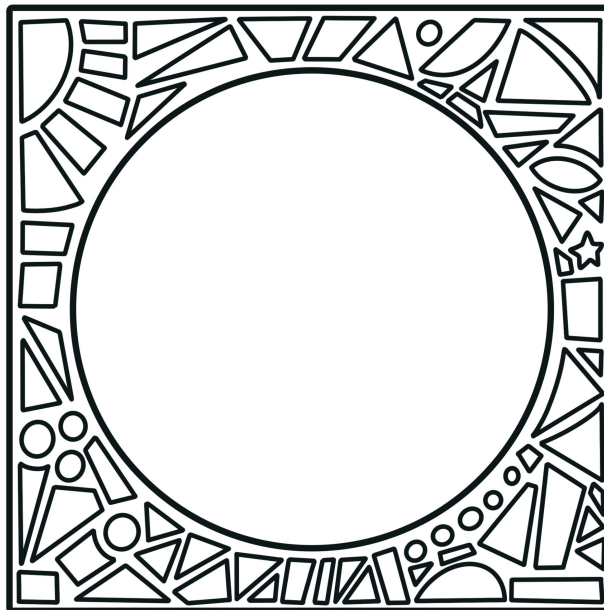
The first step for normalizing conversations around mental health is breaking the silence. Sometimes that means sharing a small detail about your mental wellness with a friend. Sometimes that means being bold in public. Every move is meaningful.

You are invited to reflect on what you share on the outside now, what's happening inside of you, and what you want to share on the outside in the future. Use any writing materials you like – pens, colored pencils, whatever you have. Use colors, words, and images to express yourself. Then, write down what could help you get to that future self. Use your finished creation to begin conversations with the safe people in your life.

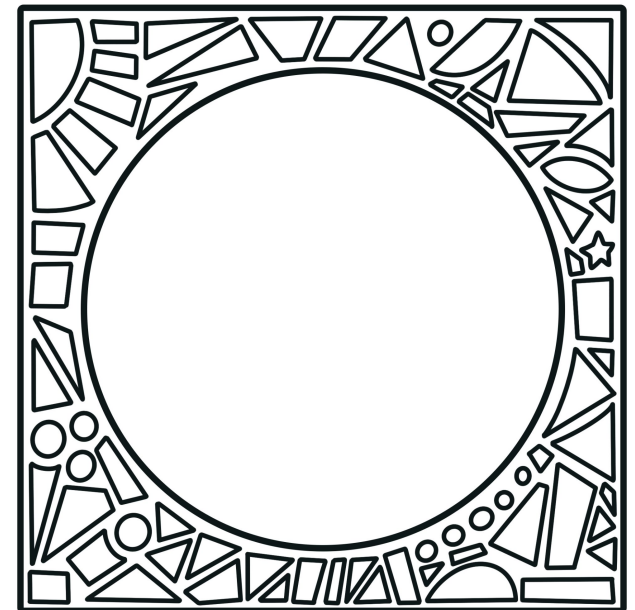
WHAT I SHOW NOW



WHO I AM INSIDE



WHAT I WANT TO SHOW



TO BECOME MY FUTURE SELF, I NEED...



AWBW art transforming trauma
A WINDOW BETWEEN WORLDS

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