



Post: Happy New Years

Caption: Happy New Year! We know the start of a new year can be challenging for one's mental health. If you or a loved one is struggling during this time, click the link in our bio to get connected with resources and phone numbers for support.

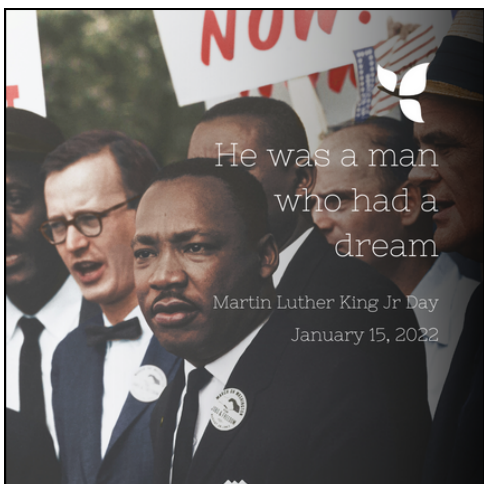
<https://www.kentuckypsychologicalfoundation.org>



Post: National Technology Day (1/6)

Caption: Happy National Technology Day! As wonderful as it can be, technology can tire us out. Click the link in the bio to learn ways to better use technology to keep you feeling well.

<https://www.kentuckypsychologicalfoundation.org>



Post: Happy MLK Day (1/15)

Caption: Happy Dr. Martin Luther King, Jr. Day! We pay tribute to a visionary leader whose message continues to inspire change. Our team honors Dr. King's legacy by fostering a community that values diversity, empathy, and the pursuit of mental well-being for all.



Post: National Hugging Day (1/25)

Caption: Embrace the warmth of connection on National Hugging Day! Share a hug, spread the love.



Post: Donation Impacts

Caption: A \$10 donation to a \$50 donation, would help us provide resources to those who need help. Visit our website to find out more about how your donations can help change someone's life!

<https://www.kentuckypsychologicalfoundation.org>



Post: It's Okay to Ask for Help

Caption: It is always okay to ask for help. There are 24/7 hotlines ready to help you and provide the best information about your mental health concerns. Use these resources to help you find more information.

Call or text 988 if you or someone you know is in crisis.

<https://www.kentuckypsychologicalfoundation.org>



Post: Swap This for That

Caption: A poor diet can impact your brain and cognitive health more than you think. Try substituting a sweet for something more nutritious during the day.

Click the link to read about what foods boost your mental health.

<https://www.icanotes.com/2018/04/04/10-foods-that-boost-mental-health/>



Post: Boost Your Mood with Exercise

Caption: Did you know that incorporating regular exercise into your weekly schedule benefits your mental health? Click the link in the bio to learn more about the mental health benefits of exercise.

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>



Post: Step Outdoors

Caption: Did you know stepping outside can help boost your mental health? Click the link in the bio to learn more about the mental health benefits of being outdoors.

<https://www.healthline.com/health/health-benefits-of-being-outdoors>



Post: Positive Self Talk (When you feel like quitting, think about why you started)

Caption: Positive self-talk is a great way to combat depression and anxiety. Take some time out of your day to encourage yourself.

<https://positivepsychology.com/positive-self-talk/>



Post: The 20-20-20 Rule

Caption: Spending lengthy amounts of time looking at screens can strain your eyes and cause fatigue. Try using the 20-20-20 rule to help give your eyes some much needed rest. [Click this link](#) to learn more about the 20-20-20 rule.



Post: Maintain a Daily Schedule

Caption: Did you know that maintaining a consistent schedule is beneficial to your mental health? Click the link in the bio to learn more about how the power of routine can help your mental health thrive. <https://www.beyondblue.org.au/mental-health/routines>