

A large, stylized sunburst graphic composed of numerous yellow circles of varying sizes, radiating from behind the text. A single pink circle is positioned above the letter 'i' in 'thrive'. The text 'I thrive by...' is written in a dark blue, bold, sans-serif font. The 'I' is a simple vertical bar. The 'thrive' is in lowercase, and 'by...' is in lowercase with three dots. The text is set against a white background with a teal horizontal bar at the bottom.

# I thrive by...

**Tell us what you do to look after your mental health and wellbeing.**

What makes you feel good, keeps you well and thrive? By sharing how you thrive, we can learn from each other and inspire one another to take positive steps to look after our mental health and wellbeing.

**Send us a photo of your completed postcard to [julie.huggan@health-in-mind.org.uk](mailto:julie.huggan@health-in-mind.org.uk) or tweet us using the hashtag #IThrive**



**I thrive by...**

