



# Mental Health Awareness Week

Our positive quotes for the week

<b>Monday</b>	She believed she could, so she did
<b>Tuesday</b>	Thank you for the sunshine that you add to this world
<b>Wednesday</b>	Let's be nicer to each other, we are all trying our best
<b>Thursday</b>	Sometimes you need to take a break from your thoughts and just live in the moment
<b>Friday</b>	A diamond is a chunk of coal that did well under pressure