



LEAVES OF INSPIRATION: SHAREABLE AFFIRMATION CARDS

Brighten someone’s day by completing the prompts. Upload or snap a photo and send to LoveYourTree@ERCPathlight.com, and your inspiring messages will be shared with individuals in treatment as they work to heal from depression, anxiety, eating disorders and other mental health conditions.

Diversity and Uniqueness	Community and Connectedness
<p>Like trees, our differences are beautiful because...</p> <p>~ Your #LoveYourTree Advocate</p>	<p>Like trees, we are connected by...</p> <p>Your #LoveYourTree Advocate</p>
Resilience and Change	Strength and Growth
<p>Like trees, we show resilience by...</p> <p>~ Your #LoveYourTree Advocate</p>	<p>Like trees, we show strength through...</p> <p>~ Your #LoveYourTree Advocate</p>



STAY CONNECTED: We want to hear from you and see how you’re getting involved!



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Mindfulness and Joy	Diversity and Uniqueness
<p>Like trees, we can find peace when...</p> <p>~ Your #LoveYourTree Advocate</p>	<p>Like trees, our bodies are...</p> <p>~ Your #LoveYourTree Advocate</p>



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