



## Prioritize your mental health with short, fun activities at your local Indiana State Park, and enter for a chance to win a 2022 Indiana State Park Annual Pass!

Simply choose an activity and submit a short description (photos too if you have one!) at [bit.ly/AwareParksEntry](https://bit.ly/AwareParksEntry). Participate in one of our three activities below or come up with a different healthy activity to complete. Enjoy and be well!

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## Take a Breath

This kind of breathing helps calm the nervous system and bring us back into the present moment.



**1** Find a space to sit or stand quietly for a moment



**2** Close your eyes or focus on one spot in your vision



**3** Breathe in through your nose, slowly, for four seconds



**4** Breathe out through your mouth for six seconds



**5** Repeat

Interested in more mental health resources?

[BeWellIndiana.org](https://BeWellIndiana.org) is Indiana's new hub for mental health wellness resources.

Want to know more about Project AWARE?

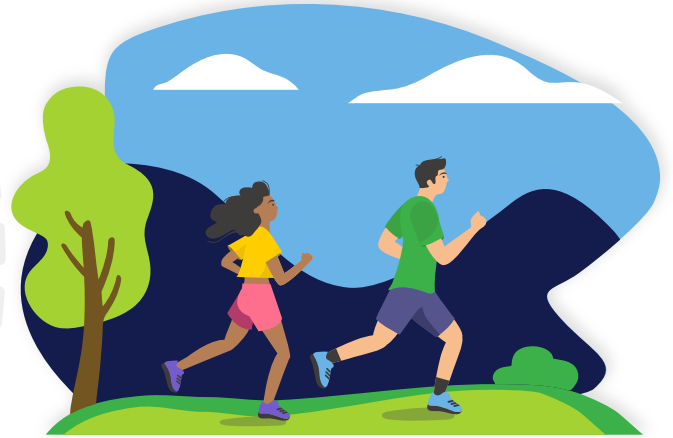
Check out Project AWARE - Indiana Mental Health Education and Awareness at [ProjectAWAREIN.org](https://ProjectAWAREIN.org)

#AwareINtheParks

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## Move Your Body, Clear Your Mind!

In whatever way you can, get a move on! Whether you came to hike, jog, swim, or bike—this is a great opportunity to exercise and explore the outdoors! A bit of movement can be great for our mental health, especially when we feel emotionally or mentally stuck.



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## Learn Something New!

Learning about the natural world can broaden our perspective! Challenge your curiosity today!

- Stop into your park's visitor or nature center to explore their resources.
- Identify and learn all about a new plant or animal you've come across. (Hint: use the smartphone app [Seek](#)).
- Learn from the experts by attending an event, program, or activity led by a State Park Naturalist! See your park's full calendar at [bit.ly/DNRCalendar](http://bit.ly/DNRCalendar).

## Submit to Win Your Annual Pass!

When complete, don't forget to write a short description of your activity, attach a photo if desired, and submit online at [bit.ly/AwareParksEntry](http://bit.ly/AwareParksEntry). All submissions are due by **October 10**, and winners will be contacted by October 31. Good luck!

Visit [changethefrequency.today](http://changethefrequency.today) for additional virtual resources that can help improve your mental wellness.

Project AWARE Goes to the Park is an Indiana program developed to encourage Hoosiers to spend time in nature to increase their mental wellness.

PROJECT  
AWARE

Indiana  
DEPARTMENT OF EDUCATION

DNR  
Indiana Department  
of Natural Resources

Division of Mental  
Health and Addiction