

WORK OF ART

PUBLIC STUDENT ANNOUNCEMENT *Self-Care*

In direct consultation with a mental health professional, and under the creative guidance of Inner-City Arts staff, our Work of Art student employees and alumni (called "Enterprisers") have been commissioned to create a catalog of Public Service Announcements (PSAs) across a range of mental health and wellness topics. Through both digital and print formats, student-employees design these PSA ads for the benefit of fellow young people and those who care about them—families and educators—to inspire hope, positivity, optimism, peace, and encouragement. The work is candid, joyful, informative, loving, earnest, animated, optimistic, outspoken, and offbeat in an artistic way. Above all, we lovingly call these "Public Student Announcements" because they are messages for young people created by young people.

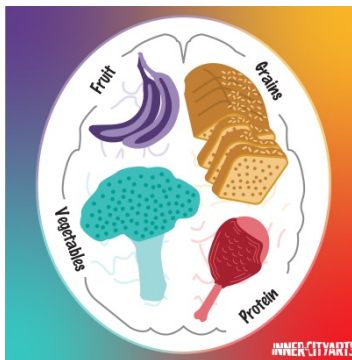
Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.



MEET BOZ

Created by Gieneyra Lai-Alvarez

Meet Boz! Today Boz spent all their time worrying. To help with this, Boz started dedicating 15 minutes every day to think about those thoughts. Once their watch said time was up, Boz focused on another task to distract themselves. Now Boz is getting better at not worrying all the time.



BRAIN PLATE

Created by Anthony Gutierrez

Too many food comas? Not in a good mood? Having a solid meal can help boost your mental and physical health when you eat the right foods: fresh fruits, vegetables, nuts, beans, seeds, probiotics, fish, poultry.
#FoodIsLife



BE KIND TO YA MIND

Created by Ivy Salazar

Take the time to have a moment of self-care. Think about your thoughts, feel your emotions, and take a moment to process and breathe.



WE ALL HAVE CONTROL OVER SOMETHING

Created by Jazlyn Archila

When life feels overwhelming take a deep breath and reflect on what it is that you actually have control over in that moment.



ACTION PLAN

Created by Ravin Brazfield

This lucky cat loves meditating while listening to music! What do your self-care steps look like? Develop an action plan. Set limits on your media consumption, avoid the herd mentality, and seek professional help whenever you feel it's needed.

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