



Happy New Year 2023



MANY PEOPLE
STRUGGLE WITH
HOLIDAY DEPRESSION
AND FOR SOME, IT
PEAKS ON NEW YEAR'S
EVE.



THE START TO THE NEW YEAR
DOES NOT HAVE TO BE
STRESSFUL, SAD, OR
LONELY. A FEW CHANGES AND
NEW TRADITIONS CAN TURN
THE HOLIDAY INTO
SOMETHING POSITIVE THAT
SUPPORTS GOOD MENTAL
HEALTH.

**JANUARY IS
NATIONAL MENTAL
HEALTH MONTH**



Ditch Those High Expectations for The New
Year and Set Realistic Goals!

**TURN.
OFF.
SOCIAL.
MEDIA.**
(ONCE IN A WHILE)



*Don't be
too hard on
yourself.
Be kind.*



BREATHE



PHONE A
FRIEND
WHEN
YOU ARE
FEELING
DOWN!

GET SOME SUN!
VITAMIN D HELPS
WITH DEPRESSION
AND ANXIETY



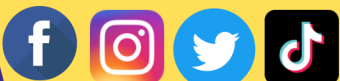
**TOILET
TASK!**



What is your New Year's
Resolution?

Text us and let us know and you could win a
yummy prize from GEAR UP! Our number is:
316-315-9018

Make sure to
follow us!



316-315-9018



Did you know?
You make 15 to 30
gallons of tears
each year.

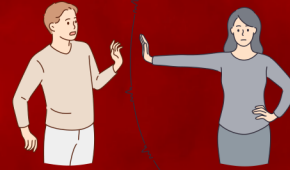


HAYSVILLEGEARUP.COM

February Stall Street Journal

Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.

BOUNDARIES ARE HEALTHY!



Respect



Tell someone that you love them.

TODAY!

NOBODY'S RELATIONSHIP IS PERFECT, AND PEOPLE MAKE MISTAKES. BUT IF YOU FEEL LIKE YOU'RE BEING TREATED BADLY, YOU PROBABLY ARE. LISTEN TO YOUR GUT. HEALTHY RELATIONSHIPS MAKE YOU FEEL GOOD ABOUT YOURSELF — UNHEALTHY RELATIONSHIPS DON'T.



Toilet Trivia

WHAT IS CUPID'S NAME IN GREEK MYTHOLOGY?



first!

Text us @ 316-315-9018



Trust and communication is the foundation of a healthy relationship

Follow US



-Lloya Taylor & Bailey Gabbard

March Stall Street Journal

COLLEGE PREP



VOLUNTEER



SCHOLARSHIPS!

GO ON A COLLEGE CAMPUS TOUR WITH YOUR GEAR UP ADVISOR!

KEEP AN EXTRACURRICULAR RECORD



How many basketball teams participate in March Madness?
Text us at 316-315-9018



TAKE THE RIGHT HIGH SCHOOL CLASSES

TO PREPARE FOR COLLEGE

REMEMBER!



Meet new people

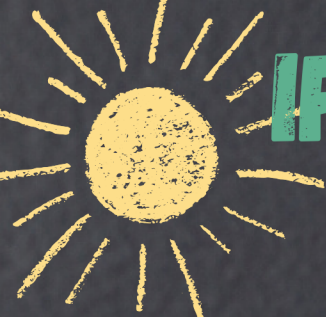
YOUR INTERESTS MATTER - FIND A FEW ACTIVITIES YOU LOVE

and make an impact!



YOUR GRADES MATTER!





IF YOU STAY READY, YOU DON'T HAVE TO GET READY

April 2023 Stall Street Journal

MAKE SMART GOALS

Specific, Measurable, Achievable, Relevant, and Time-based---goals! Figure out what you want to accomplish and you want to accomplish it? How long is it going to take you, and when does it need to be finished by? But don't bite off more than you can chew! Remember to check in with yourself and take a small break if you need.

READY

TRY SOMETHING NEW!

See if you can join a club, try out for a sport, learn an instrument, audition for the school play, volunteer...the opportunities are endless!

TOILET TRIVIA

At Which University, can you become a fully qualified pirate? Text us at 316-315-9018

TAKE CARE OF YOURSELF

Eat healthy snacks, get enough sleep at night, and take time to relax throughout the day!



Haysvillegearup



FINALS CAN FILL YOUR STOMACH WITH BUTTERFLIES. IT'S OKAY TO BE NERVOUS! DON'T BE AFRAID TO ASK FOR HELP.



Text us for more information about researching colleges, enlisting in the military, or a job after graduating!
(316)315-9018

