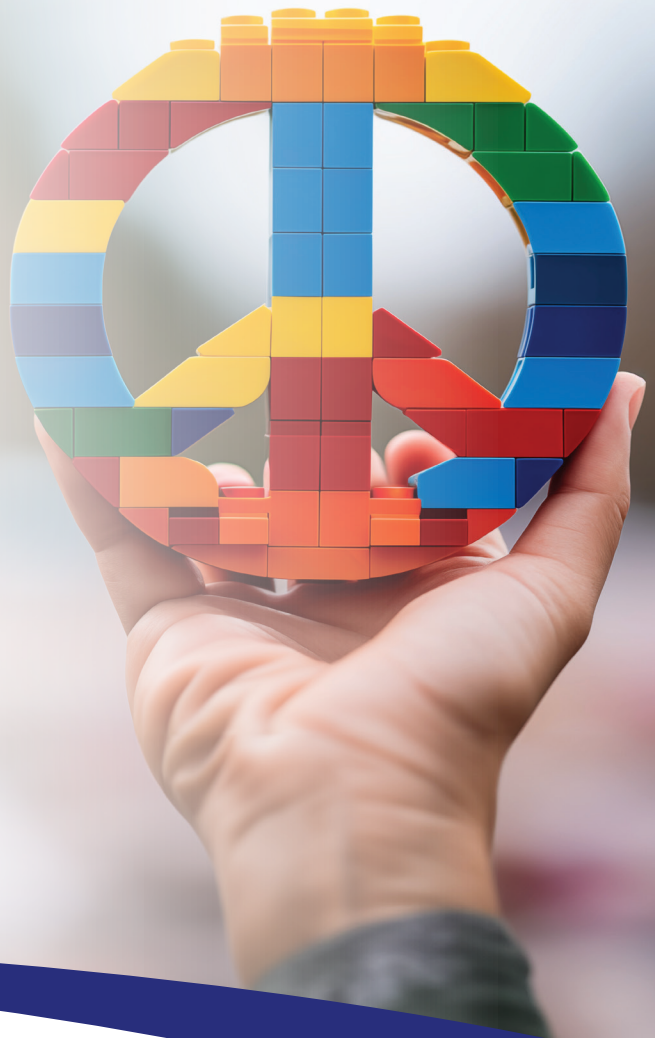


## Building Bricks for Personal Peace

Spring is a time for patience, waiting for temperatures to warm, the mud to dry and the first signs of green to appear. Colorful toy building bricks, available online or in a local store, pass the time while unleashing your imagination. Create a castle, build a replica monument, or design a floral bouquet. Use the kit instructions or let your architectural skills create a totally new design.

Behavioral Health experts recommend mindfulness exercises to relieve anxiety or stress. In-the-moment activities like brick building require close attention, allowing the stressors of the day to move to the background. Social connection is another powerful tool to reduce stress and depression — invite a friend or loved one to join in the creative process.



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*We are never more fully alive, more completely ourselves, or more deeply engrossed in anything, than when we are at play.*

~Charles Schaefer, author

Free and confidential.  
After-hours crisis counseling is available.

**800.577.4727**

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