

# IT'S A SIGN...

**Spirals** are the **symbol of Resilience**  
and they are EVERYWHERE!

So, when you see a Spiral, **IT'S A SIGN...** to do  
something for yourself or someone else's  
resilience.

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- Take a deep breath
- Say something you are grateful for
- Do something kind for yourself or others
- Check in on a friend
- Find Nature
- Do something inspiring
- Say Hi and Smile
- Volunteer or donate to local suicide prevention organizations

**Join the Spiral movement**

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