

Has your world been
turned upside down
because of COVID-19?

Do some days just
feel too
overwhelming?



You Are Not Alone



INTRODUCING:

Mental Health Support Modules for Students & Athletes During COVID-19 & Beyond

Providing you with tools & tips for:

self-care
and self-
worth

Strength,
Resilience &
Positivity

Dealing With
Uncertainty &
"What If?"

Finding Your
Identity
Outside of
Sports

How To Lead
Your Team
Virtually

And so
much
more!!

Ready to get started?

Head to: bit.ly/MIAAmentalhealthmodules

Create a login & gain lifetime access to the modules!

Questions? Contact Ivy Watts at:

ivy@beautifullysimplyyou.com

Discount Code
for FREE
Access:
MIAA