

## **Art and Video Projects Submission Guidelines**

### **May 2022 Youth Mental Health & Well-Being Virtual Celebration**

#### **“Bloom Where You Are”**

*“What we say to ourselves matters and inspires what we think” – Yael Koenig,  
Deputy Director Behavioral Health Services Children Youth & Families System of Care*

Art and video submissions will be incorporated in the  
**May 2021 Youth Mental Health Well-Being Virtual Celebration**

**Friday, May 6, 2022 at 5:00 PM PST**  
**Virtual Resource Fair at 4:00 PM PST**

### **Art Projects 2022:**

1. “Take Me to My Happy Place!” – Draw, paint, or however you like to create! Share with us what your happy place looks like! Where do you go when you need some time in your head to breathe and focus on what matters?
2. “Write About It!” – Share with us a picture of your bullet journal, creative writing book, poetry book, etc. Could be one of the pages or how you have customized the cover of your journal!
3. “Bloom Where You Are!” – Find a flower, leaf, or bushel, then press it down flat. You can do this by placing it in-between two heavy books, or placing it under water bottles. Once your piece of nature is flat, adhere it to a canvas, cardboard, or piece of paper. Next, draw or write different affirmations, your goals, traits you like about yourself, and more! You are growing and thriving!

### **Video Projects 2022:**

1. “Take Me to My Happy Place!” – Film a little video clip of you somewhere that makes you happy! Are you at the beach with your family? On a hike with your dog? At Disneyland with your friends? Share with us where you thrive!
2. “Self-Care, Self-Love!” – What does your self-care routine look like? How are you taking time to focus on your mental health and well-being? Are you going on a run with your dog? Journaling every night before bed? Relaxing with a face mask? Film a little video clip showing us!
3. “This is What Thriving Looks Like!” – Film a video of you describing what it means to “Thrive”. When you think of thriving, what does it look like to you?

### **Instructions for Art and Video Submission:**

- All participants will need to fill out the consent form and contact information found on the CYFL NAMI San Diego May Event 2022 Submission webpage.
- All art and video submissions will be submitted through the CYFL NAMI San Diego May Event 2022 Dropbox.
- Submission Webpage Link: <https://cyfliaison.namisaniego.org/may-event-2022/>
- You can also scan this QR-Code with the camera on your phone to access the submission form:



- Additionally, please feel free to post your art on Instagram and tag our page at: @nami.san.diego
  - Hashtags to use: #NAMISDMAYEVENT #YOUTHMENTALHEALTH #NAMISD #BLOOMWHEREYOUARE

***Make sure to attend the virtual event to personally see your art or video submissions showcased! All submissions will be entered into our Opportunity Drawing! Winners will be chosen throughout the event, so be sure to tune-in to see if you are a winner!***

If you have any questions, please feel free to reach out to Mina Arthman at NAMI San Diego at [MinaArthman@namisd.org](mailto:MinaArthman@namisd.org).

**Deadline for Art & Video submissions is May 5, 2022**