

VISIONARI LUMINOUS IS A LOCAL ORGANIZATION WITH A MISSION TO DE-STIGMATIZE MENTAL ILLNESS IN ASIAN COMMUNITIES AND CREATE NARRATIVES AROUND MENTAL HEALTH THROUGH ART, HOLISTIC WELLNESS, AND SPIRITUALTY.



FOLLOW US ON SOCIAL MEDIA & OUR WEBSITE FOR MORE INFORMATION ON OUR UPCOMING EVENTS!

- Mental health topics in Asian communities
- Holistic wellness, arts & spirituality
- Community events
- Connect to local resources

Stop the stigma
let's talk about
mental health



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1
setting
boundaries

2
connect with
nature

3
getting
enough rest

4
cultivating
creativity (art,
sing, music,
theater, etc.)

5
staying
active/eat
and drink
healthy

6
connect with
support
system/professional
help

7
practicing
self-reflection

8
energy
cleansing

9
meditation/prayers/
connect with
spirituality

TIPS FOR MENTAL & HOLISTIC WELLNESS

