

# LOVE YOUR TREE

*Cultivating Compassion Through Art*



## PROGRAM OVERVIEW

*Love Your Tree* is a national arts-based program for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

Prior to 2021, *Love Your Tree (LYT)* has focused on highlighting body diversity and helped thousands of participants use art to embrace positive body image for themselves and others. *Love Your Tree* is growing in new and wonderful ways that provide new content and make room for a celebration of diversity that extends beyond body image to overall mental wellness.

The tree is a universal symbol for growth, resilience, strength and the beauty of individual differences and diversity. Just like humans, every tree in the forest is unique, yet trees remain connected to one another and the world around them in powerful ways. Through participation in *Love Your Tree*, people of all ages are encouraged to explore the tree metaphor and share creative expressions of acceptance, gratitude for the unique form of our bodies and our lives, and appreciation of the many ways in which we get stronger and heal through connection with others.

### Getting Involved Is Easy!

**Step 1:** Download the [Program Pack](#).

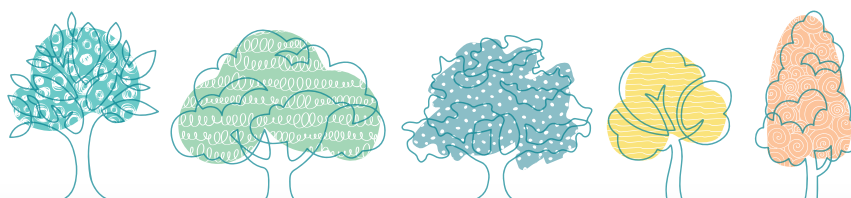
**Step 2:** Use the information and guided activities to create an original piece of creative art based on one (or all) of the Branches of Hope.

**Step 3:** Submit your entry at [LoveYourTree.org](https://LoveYourTree.org) and your artwork will be added to the national virtual art gallery. Remember, artwork is a broad term that includes any application of your creativity and imagination. Entries may include art in all its forms. Visit the Q&A section for details about how to submit different types of art.

### More Ways to Get Involved and Make an Impact:

- Host your own *LYT* art workshop for a class, nonprofit organization, workplace or community group. Simply download the [Activity Sheets](#) and [LYT PowerPoint Slides](#) (find helpful tips for hosting a workshop in the FAQ section).
- Attend quarterly events and activities. To learn more, visit [LoveYourTree.org](https://LoveYourTree.org)
- Download the [Branches of Hope \(PDF\)](#) and submit it with a selfie to [LoveYourTree@ERCPATHLIGHT.COM](mailto:LoveYourTree@ERCPATHLIGHT.COM).
- Send [Leaves of Inspiration \(PDF\)](#) to someone currently in treatment doing the hard work of healing from mental health struggles such as depression, anxiety, PTSD and eating disorders. Fill out and submit to [LoveYourTree@ERCPATHLIGHT.COM](mailto:LoveYourTree@ERCPATHLIGHT.COM).

For more information on deadlines and submission guidelines, be sure to read the [FAQs](#) section.



**STAY CONNECTED: We want to hear from you and see how you're getting involved!**

To learn more, visit [LoveYourTree.org](https://LoveYourTree.org)  
Email us at [LoveYourTree@ERCPATHLIGHT.COM](mailto:LoveYourTree@ERCPATHLIGHT.COM)

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