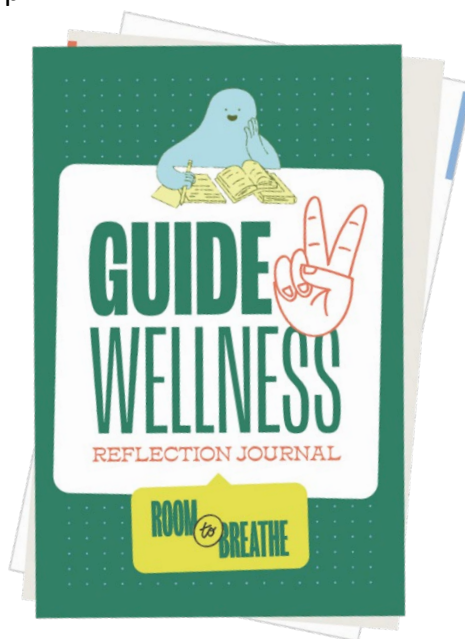


Print Your Own Supply

GUIDE TO WELLNESS REFLECTION JOURNAL

The Guide to Wellness Reflection Journal is designed to help young people reflect, plan, and breathe, especially when life feels overwhelming. The 64-page journal is divided into five chapters on reflection, growth, exploration, creativity, and rest – each focusing on different aspects of personal wellbeing and self-discovery.

Partners, schools, and community organizations are encouraged to print their own supply of journals to distribute to youth in their community. Upon request, the back cover of the journal may be customized with partner or sponsor logos.



Printing instructions

1. **Request a print-ready file package** by emailing the Department at tobacco@state.mn.us. Additional logos for partner or sponsor organizations can be added to the back cover upon request.
2. **Find a professional print shop.** Make sure they're equipped with either an offset press or an advanced digital printer, such as an HP Indigo Digital Press.
3. **Request a quote from the print shop.** Share the printing specifications below with your print shop when making your request. *If the printer is unable to meet these specifications, email the Department at tobacco@state.mn.us to discuss alternatives before moving forward.*

Printing specifications

Dimensions	8.5" H x 5.5" W
Bleed	Full
Colors	CMYK
Interior page count	64
Cover paper stock	Dull cover, 100#, 29.5x20.75, scuff free laminate after printing
Interior paper stock	Smooth text, 100#, 29.5x20.75
Binding	10mm spiral binding in glow-in-the-dark or clear

4. **Send the file package to the print shop.** The Department will send you a file package. This package will come as a ZIP file that you can send directly to your print shop. The package includes design files for both the interior and cover pages – *do not make edits or adjustments to these files.*
5. **Request and review proofs.** Ask the print shop to send you both a digital and physical proof. Review the proofs to ensure sure the print shop has printed and assembled the journal correctly. Email the digital proof to the Department at tobacco@state.mn.us before approving a full run.

The Guide to Wellness Reflection Journal was created as part of Minnesota's Room to Breathe campaign. Room to Breathe encourages young people to learn about the dangers of vaping and how the industry targets communities with their products, as well as tools for coping, quitting, and getting involved. Minnesota teens helped curate the journal's activities and writing and drawing prompts – they also provided art featured throughout.



Learn more about Room to Breathe at aroomtobreathe.org.

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To obtain this information in a different format, call: 651-201-3535.