

# Open Submission



**WE WANT  
YOU!**

Submit your story for the launch of our new book in the spring of 2026

You don't have to be a writer. You just have to have a story about how you used a mental health strategy in real life and how it worked for you. We'll do the rest!

**Deadline  
September 5th  
2025**

*give yourself a*  
**FIVE MINUTE  
MENTAL HEALTH  
MAKEOVER**



Make over your life right now with these short inspirational stories from individuals who used a mental health strategy in real life.  
**AND IT WORKED!**

*A Vashti's House Publication*

**CHECK OUT THE DETAILS HERE**



# Five Minute Mental Health Makeover- 2025

## A Vashti's House Publication

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Most of us could name at least a few strategies to get us up and over during a mental health crisis, but do we use those strategies?

Whether it's something chronic or an occasional breakdown, there is a split-second opportunity we have to either grow stronger at the moment by doing something that will get us out of a reactive rut or keep ourselves cycling down the toxic drain.

All the books we read, the strategies our therapist provides, or those inspirational memes about "slowing down," "breathing," or "letting go" only works if we follow them.

This book will help us take the next step in using our mental health strategies by giving us an opportunity to visualize them in someone else.

Whether your decision was a split-second or something you strategized about, WE WANT TO HEAR ABOUT IT!

Visualizing you doing what helped you could be just what a person needs to help them overcome the next milestone in their life. Let your moment of victory inspire all of us.

## Paramotors

**Identify a time you used a strategy for getting through a difficult season or in a split-second moment and tell us about it. Did you give a hug, do a breathing exercise, process in a journal, take a time out, pause, pray, change perspectives, walk barefoot in the grass, take a cold plunge, or practice yoga? There are many ways to manage our mental health in real-time. Tell us what you did and how it helped.**

**Submissions must be a WORD document and include your Name, address, phone number and e-mail address.**

**E-mail submissions to [home@vashtishouse.com](mailto:home@vashtishouse.com), subject line "Makeover".**

**ALL SUBMISSIONS MUST BE RECEIVED BY 11:59, September 5th, 2025**



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### Paramotors

- **A story about when you were experiencing a mental health struggle, you used a mental health strategy in real time** (took a few minutes to yourself, paused, started a habit, stood outside barefoot, scheduled a crying session to process grief, meditated, changed perspective etc.) and how it benefited you in that moment and/or the the moments following. Please do not write an autobiography. **Limit the story to a single strategy. A little back story is appreciated to establish the value of your victorious mental health moment.**
- 16 years or older to submit
- 1,000 (one thousand) words or less
- 1st person perspective
- You can submit up to three different stories in completely separate documents
- An edited version (check for spelling and grammar, we won't spend too much time deciphering what you really mean)
- **Clinicians and professionals**, please use common language
- Submit in a WORD document only
- The books will be in English only initially, **but submissions will be accepted in Spanish and English.**

### What to expect if your story is chosen

- We will acknowledge we received your submission.
- We will choose between 50 and 100 submissions for our final book.
- We will let you know if your story is chosen by November 1<sup>st</sup> 2025.
- If your story is chosen, you will be given a contract to sign, giving **Vashti's House** exclusive rights to your story.
- We may ask for a picture and more of your back story (only for reader relatability)
- We will send you one free copy of the book, and a discount code to buy bulk for friends and family.

We are looking for a variety of experiences from a variety of individuals. If you think your story won't matter, still submit it and let us decide. **DON'T SELF ELIMINATE.** We need stories from **EVERY** walk of life, every **STAGE** of life, and from a **VARIETY** of perspectives.



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This is an opportunity to let your story, no matter how small, make an impact on the life of someone else.

**We are calling all moms, dads, medical personnel, first-responders, carpenters, executives, laborers, retired people, farmers, clinicians, educators, students, individuals in the middle of a crisis or transition, incarcerated people, young, old, from every socio-economic status and every walk of life.**

## About Vashti's House

**VASHTI'S HOUSE** is a lifestyle company and publishing house. We exist to provide a place where we can share our collective experiences and knowledge to bring more healing, growth and empowerment into our lives.

We specialize in creating only products and services that focus on trauma healing, recovery, mental health, inner growth, and personal development.

We prioritize creating products and services that minimize barriers to learning and engagement by: Capping most of our products at an 8th grade reading level: Creating books, workbooks, journals and other products that offer quick, interactive, and highly impactful experiences: We use humor, fun, and multi-sensory methods for creating the most long-lasting positive growth.

**At VASHTI'S HOUSE** we've taken into consideration the fact that most people who want to grow and improve are faced with internal and external barriers that include, a lack of time or resources to get professional help, developmental delays due to trauma or an interrupted childhood, educational interruptions, language barriers, attention deficit disorders, and internal fears regarding change and growth.

We are prioritizing eliminating as many barriers as we can for individuals who want to access healing and growth resources.

We are excited to add the **FIVE MINUTE MENTAL HEALTH MAKEOVER** book to our library in 2025. Check out our website to find out what else we have to offer and how you can become a part of a great community of friends supporting friends.

Thank you in advance for your submission, and looking forward to hearing your story.

