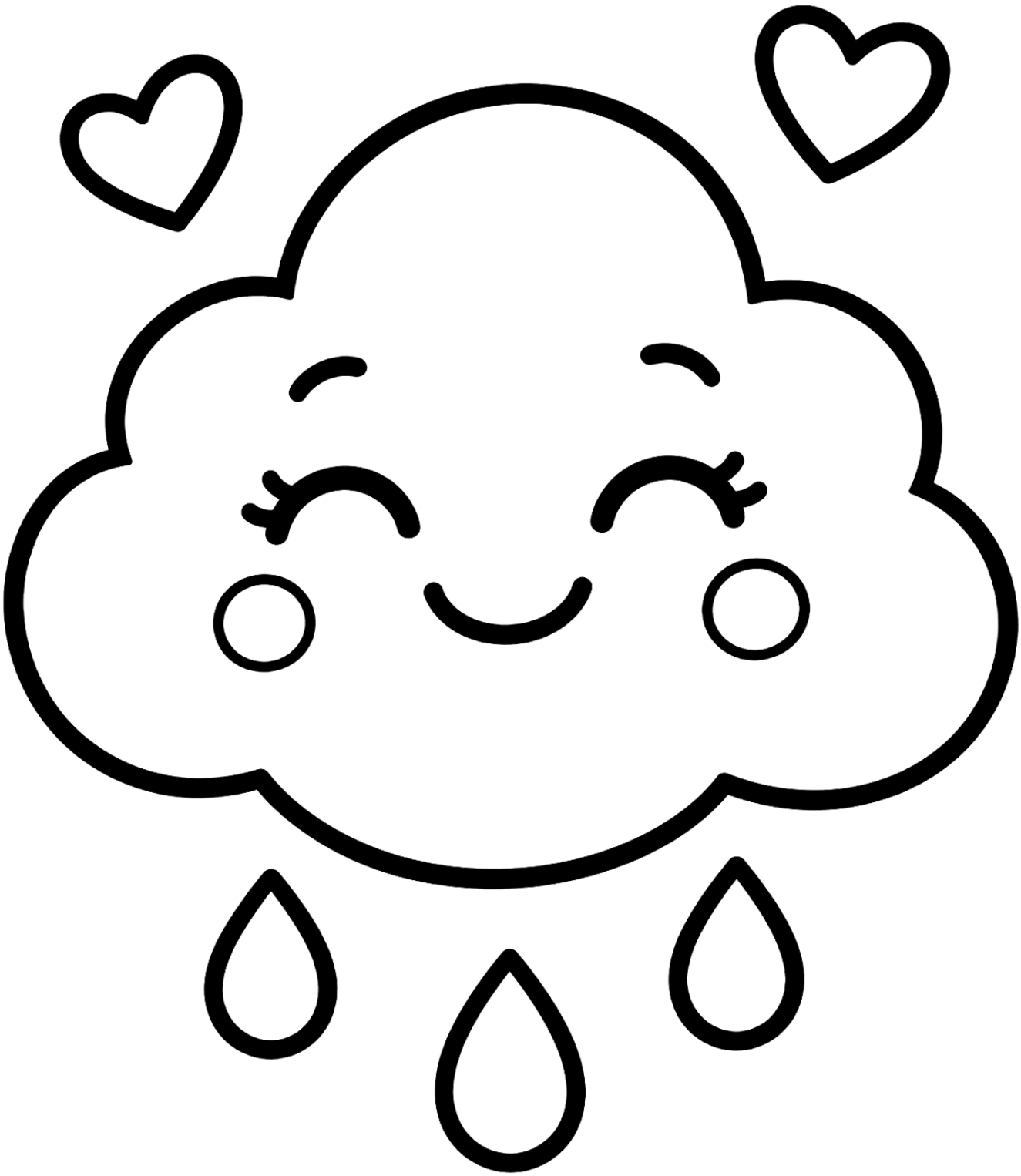
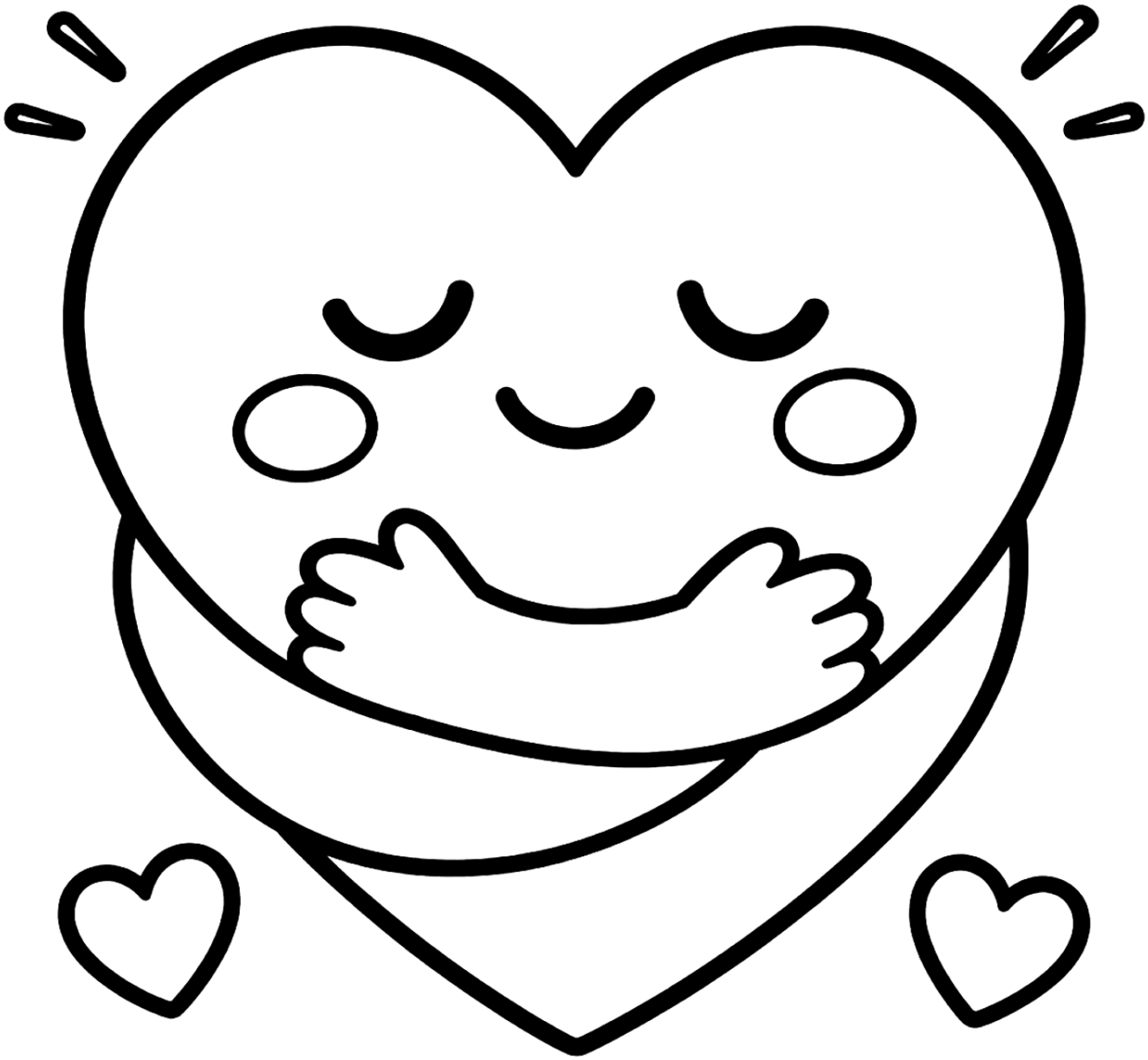

Breathe

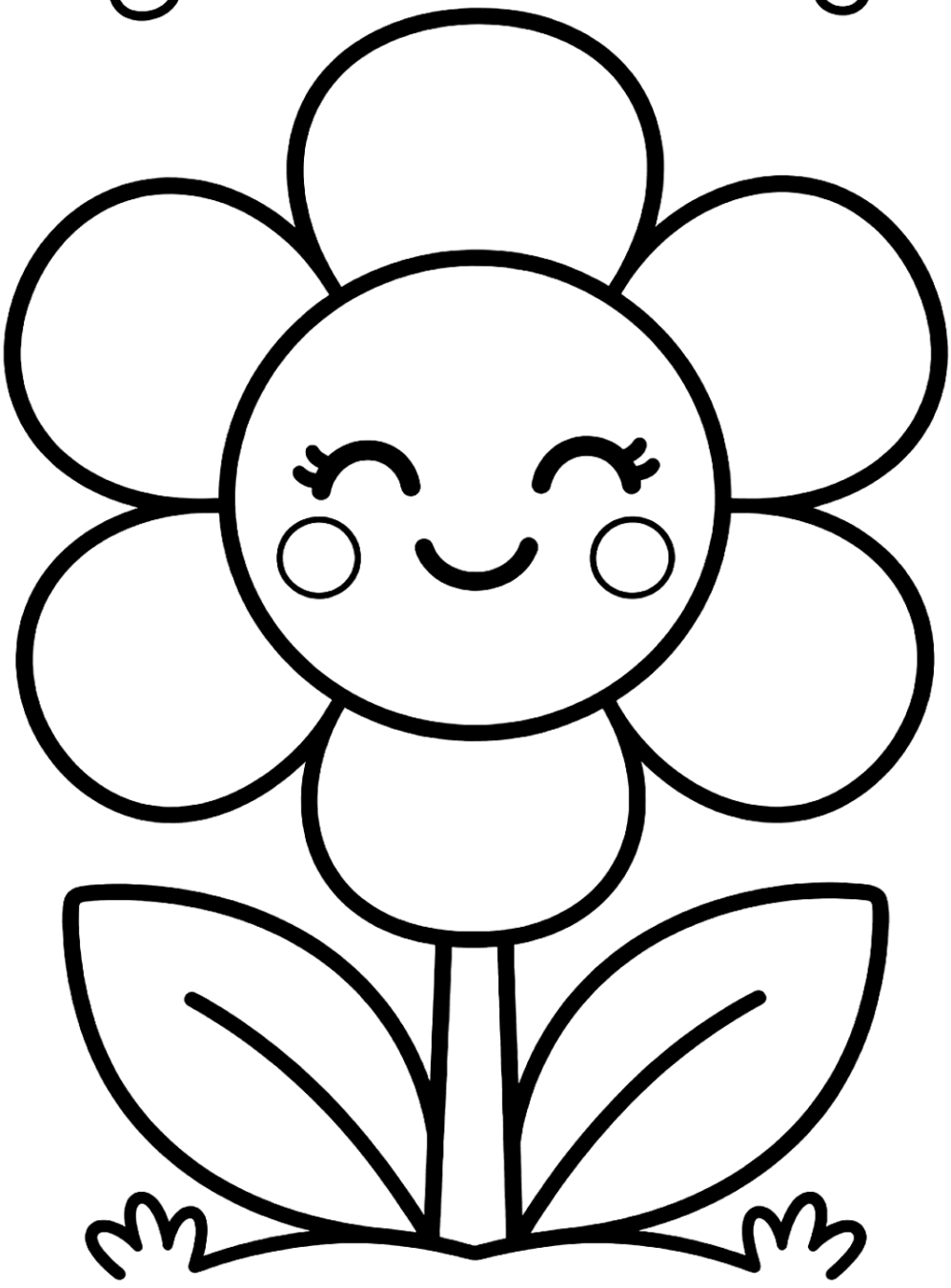

You
Matter



Self Care



Be Kind to Yourself















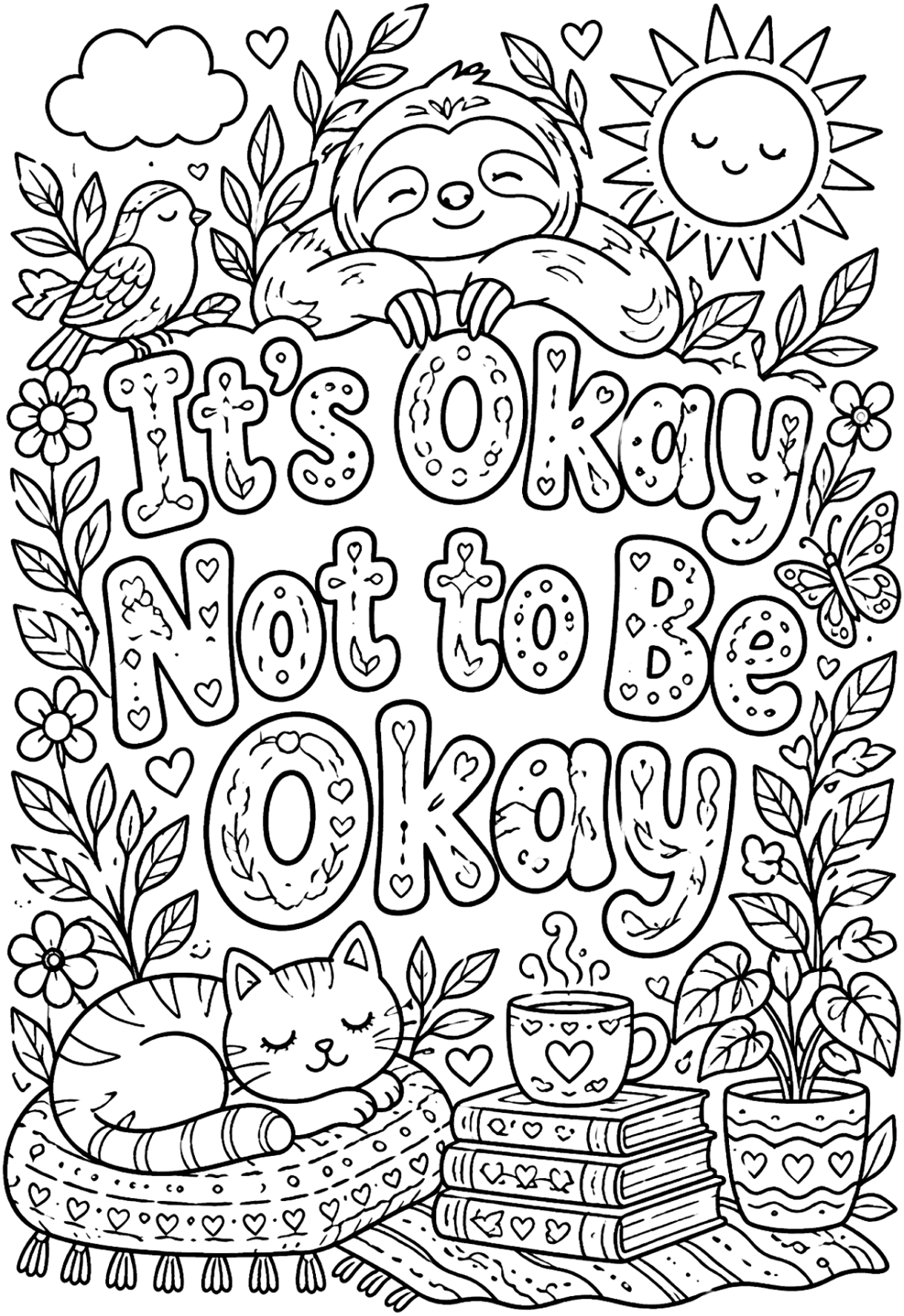


Breathe In Breathe Out



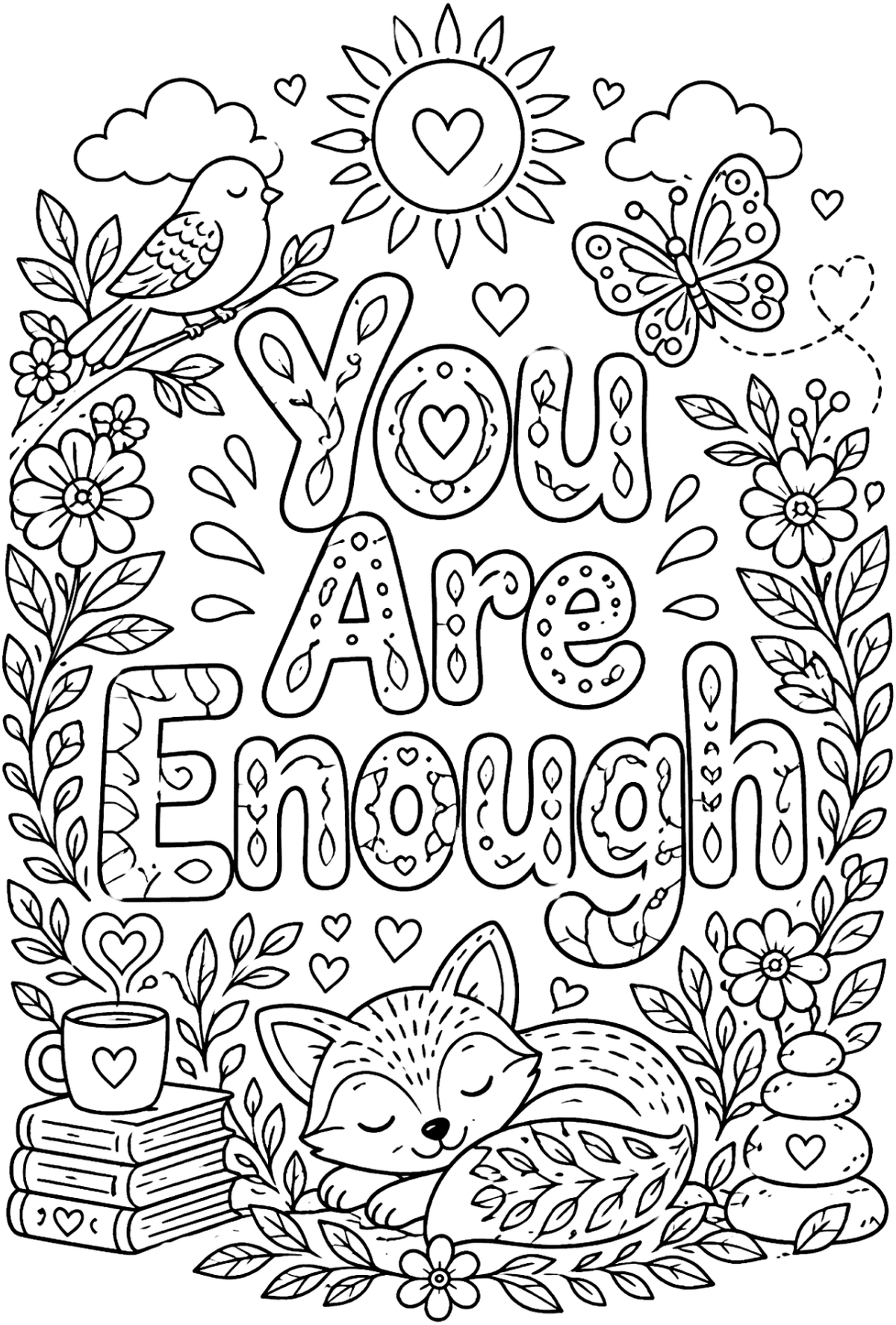





It's Okay
Not to Be
Okay






You
Are
Enough

