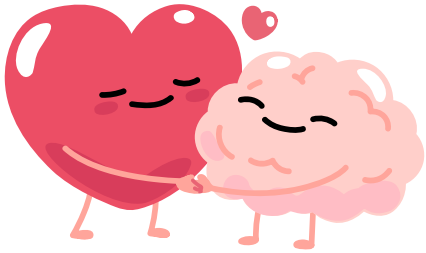
YOU ARE WORTHY

of an amazing life



BACK ONSIDE

it’s okay:

- *To have bad days*
- *To make mistakes*
- *To be less than perfect*
- *To do whats best for you*
- *To be yourself*

BACK ONSIDE

TAKE A BRAIN BREAK

give your mind a few minutes of peace and calm each day.

BACK ONSIDE

YOUR *mental health* IS JUST AS IMPORTANT AS YOUR PHYSICAL HEALTH

BACK ONSIDE