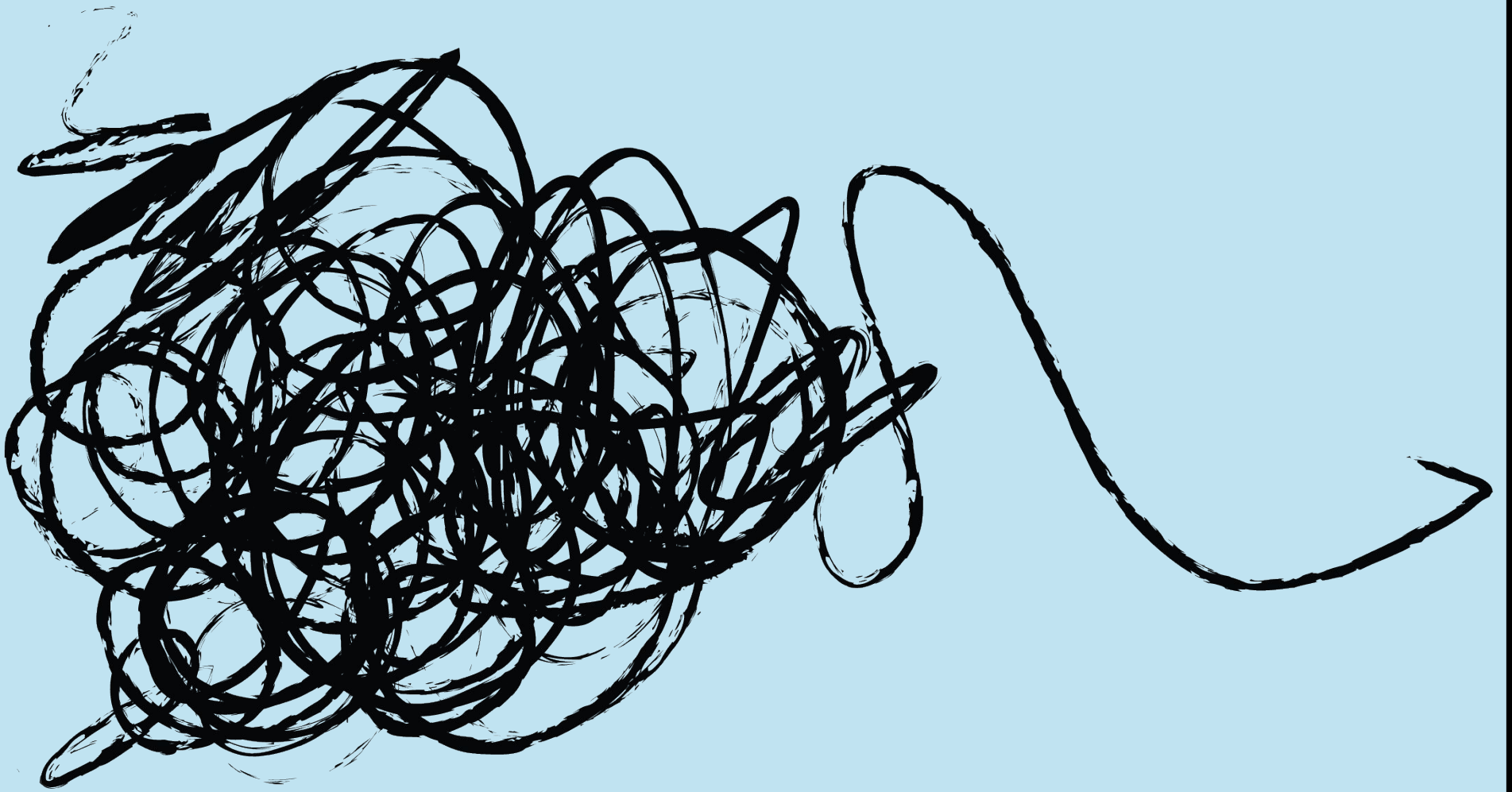
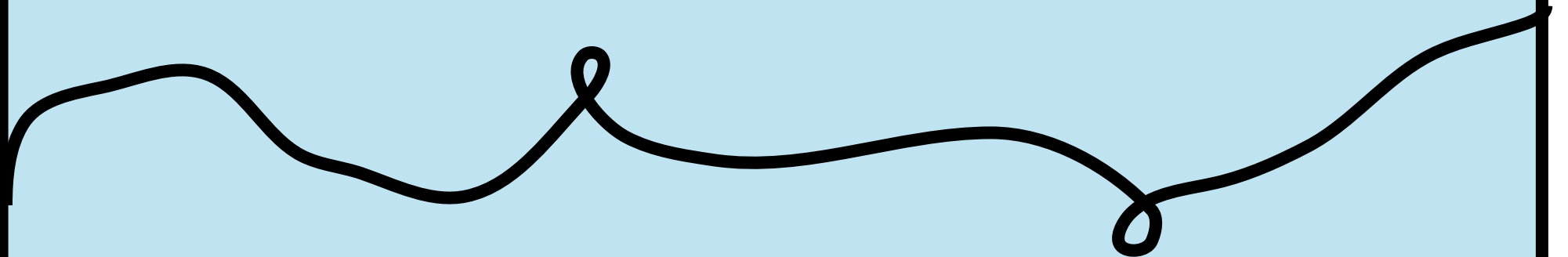


**Take a
BREATH**



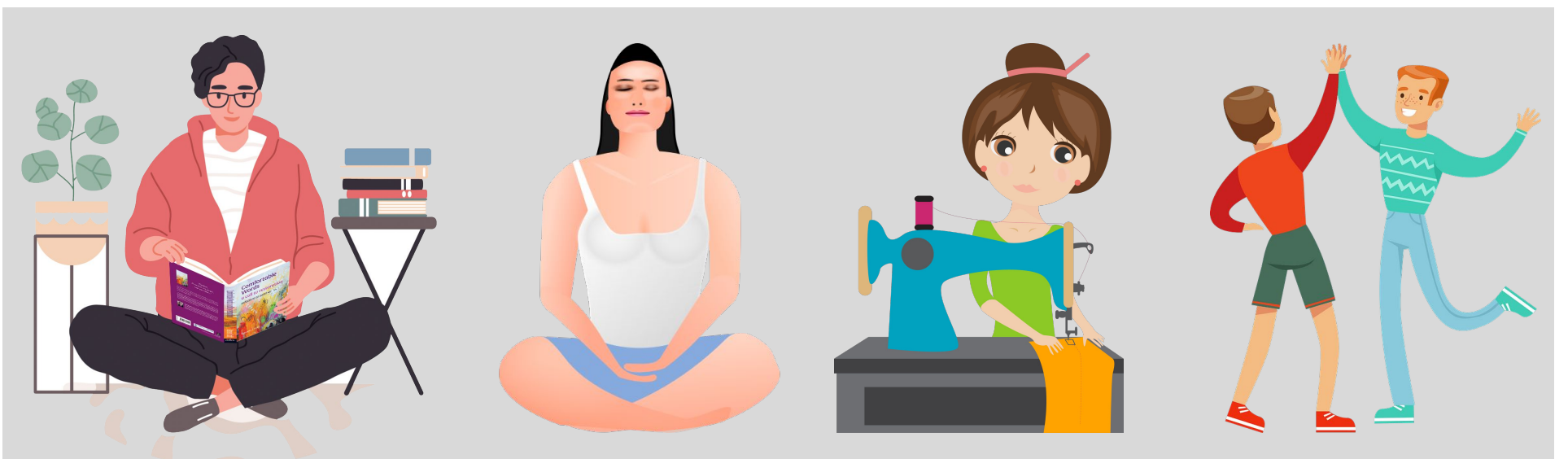
**Calm the
CHAOS**



What will
YOU do

TODAY

for your
wellbeing?



If it's out of your hands
it deserves
FREEDOM
from your mind
too

Ivan Nuru



Put yourself
higher
on your
to-do list.

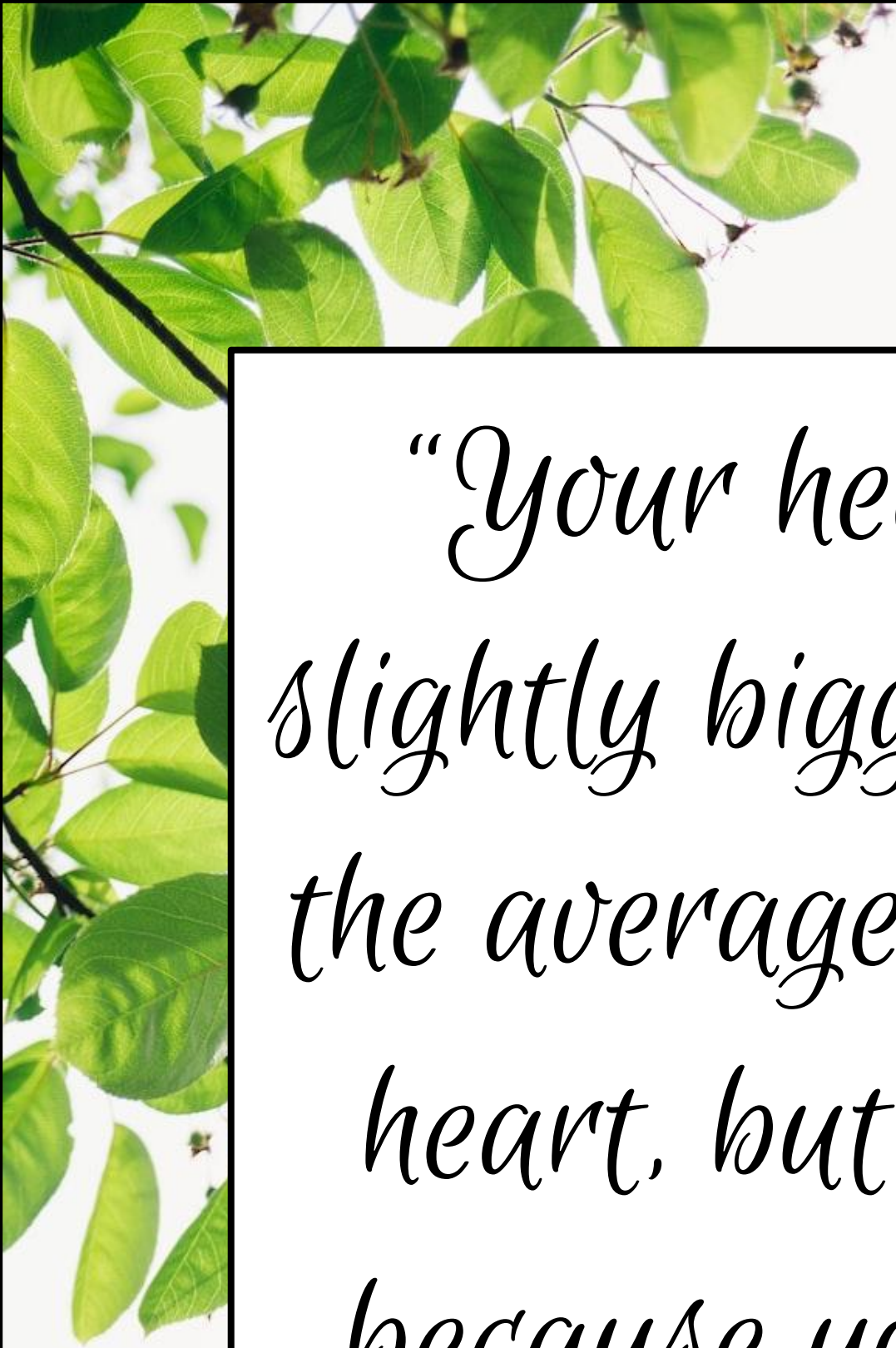
Michelle Obama



Yow

Got

This



*“Your heart is
slightly bigger than
the average human
heart, but that’s
because you’re a
teacher.”*

– Aaron Bacall

**“There are many
ways of getting
strong, sometimes
talking is the best
way.”**

Andre Agassi