

it's OKAY

TO

* TAKE A BREAK

* ASK FOR HELP

* NOT KNOW
WHAT'S NEXT

* HAVE BAD DAYS

* MAKE MISTAKES



REMINDER

taking care
OF YOURSELF
is PRODUCTIVE.





☐ Breathe

☐ SMILE

☐ DRINK WATER

☐ KEEP going





WHEN THE SUN RISES

WE CAN TRY AGAIN