

REMINDERS

Make time for yourself and take breaks.

It's ok to have bad and unproductive days.

You deserve love, care and support.

Allow yourself to feel, don't ignore and hide your feelings, try to hear and accept them.

Listen to your emotions and what they are trying to tell you.

The same good you see in others is within you too.

It's ok to have days where the only thing you do is survive.

Trust yourself, the journey you are on and that things get better.