

NOTE TO SELF

Mistakes are opportunities to learn

Remember to breathe

MY FEELINGS ARE VALID

it's okay to not be okay

mental health matters

I am enough

I am exactly where I need to be

Good things take time

Asking for help is okay

Stay Present

BE GENTLE WITH YOURSELF

SMALL STEPS

today I CHOOSE joy

I am capable

Mental Health Awareness

Rady Children's

Transforming Mental Health