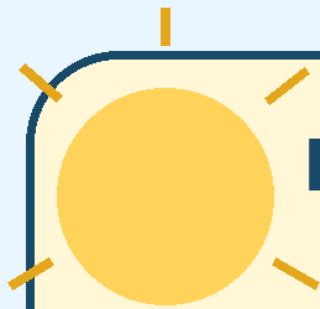
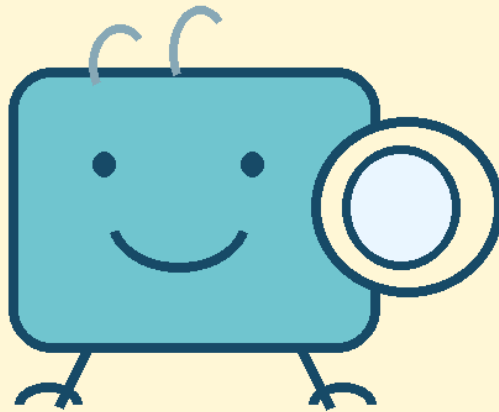




MENTAL HEALTH CHECK-IN



HAVE I HAD WATER?
HAVE I UNCLENCHED MY JAW?
**AM I CARRYING A WHOLE WEEK
INSIDE ONE TUESDAY?**

A gentle pause from Space to Breathe Therapy