

MENTAL HEALTH MOMENT

Today's Challenge
Pause and give yourself a hug

IT'S OKAY TO ASK FOR HELP

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MENTAL HEALTH MONDAYS

**"TAKING TIME TO RECHARGE IS NOT A
WASTE OF TIME; IT'S AN INVESTMENT IN
YOUR WELL-BEING."**

- UNKNOWN

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“Breathe let go and remind yourself
that this very moment is the only one
you know you have for sure”

Oprah

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