

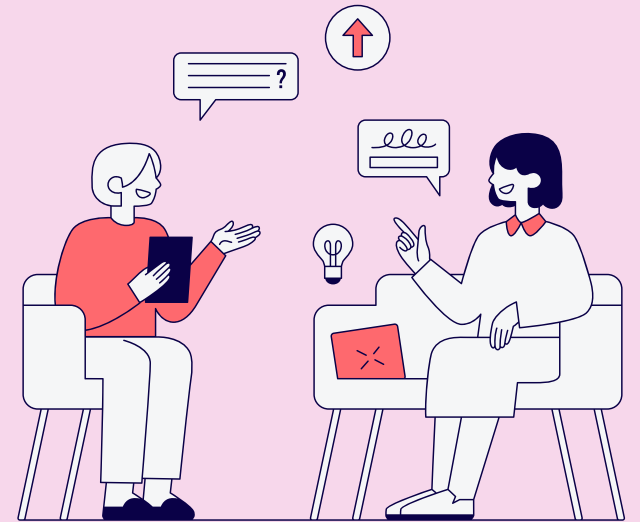
it's okay to...



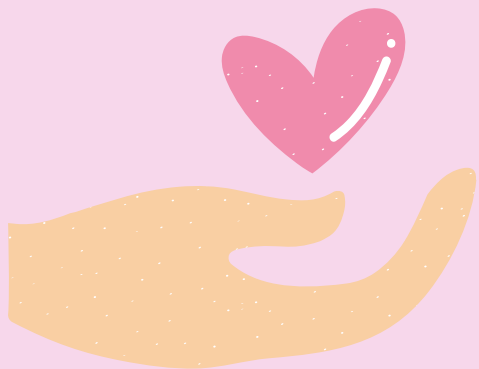
wish you were
more in alignment
with loved ones



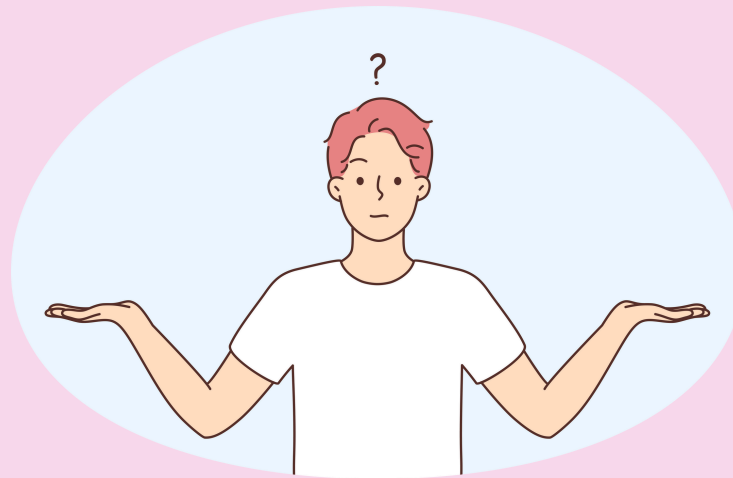
feel angry about
how the pandemic
has been handled



speak up for
what matters
to you



stick to your
values



not always have
the answers



take some time for
yourself