

HUMANMEND

PERMISSION NOTES FOR BEING HUMAN

GENTLE REMINDERS TO REST, TAKE UP SPACE, SPEAK YOUR NEEDS, AND TRUST YOUR BODY.

These notes are for the days when you forget: you don't have to shrink, explain, or push through to be worthy of care. Each Permission Note is an invitation to come back to yourself—to honor what you feel, want, and need. Let them meet you where you are. Because being human is more than enough.





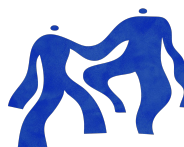
PERMISSION TO EAT
WITHOUT JUSTIFYING IT.



PERMISSION TO FEEL YOUR
EMOTIONS.



PERMISSION TO TAKE UP SPACE
IN YOUR BODY, YOUR VOICE,
AND YOUR LIFE.



PERMISSION TO VOCALIZE
YOUR NEEDS.



PERMISSION TO REST BEFORE
YOU'RE EXHAUSTED.



PERMISSION TO NOT FIX
EVERYTHING RIGHT NOW.



PERMISSION TO TRUST WHAT
YOUR BODY ASKS FOR.



PERMISSION TO PRIORITIZE
WHAT NOURISHES RATHER
THAN IMPRESSES



PERMISSION TO MAKE
MISTAKES.



PERMISSION TO BE
HUMAN.