

SEASON OF SELF-CARE



# Unspoken Health

YOU SMILE WE SMILE



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# Take care of yourself KRIPA!

How are you feeling today?



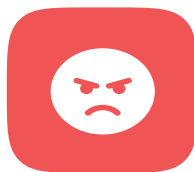
Happy



Calm



Manic



Angry



Sad

## WE PRIORITIZE YOUR HAPPINESS

Let's open up to the things that  
matter the most .



**Self care is all about looking for yourself.**



## Unspoken Health

YOU SMILE WE SMILE

**Get Started**



**Diet**



**Note**



**Yoga**



**Talk With New  
Peoples**



**Explore  
New Place**



# YOGA DAY

**Why one should practice  
yoga on a regular basis?**

**Reduces stress, anxiety, and depression.**

**Enhances focus, mindfulness, mental clarity.**

**Promotes relaxation and better sleep quality.**



**LET'S BEGIN**

