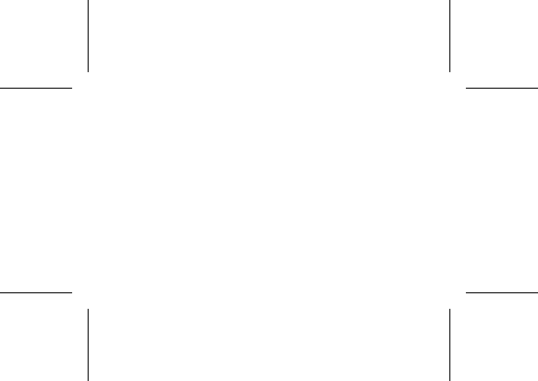


**It's ok to  
talk about  
mental health**

**Breathe...**

**It's ok to  
ask for help**

**Be excellent  
to each other**



**Done is  
better than  
perfect**

**It's ok to  
not be ok**