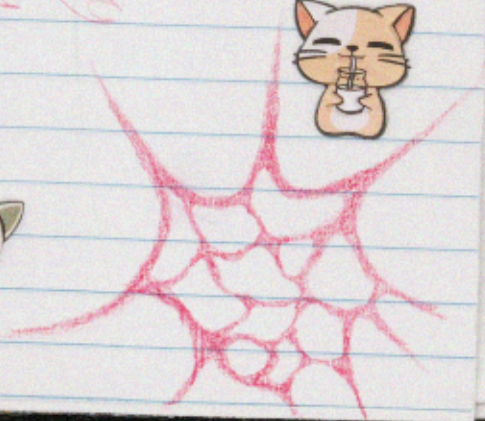


how to
be a
good friend
(to myself)



eat whole family
size bag of chips
(because I can)

get boba and sit
by the water @
the park to cheer
me up!

clean your room
declutter space
declutter mind

think nice thoughts



take a break



from thinking



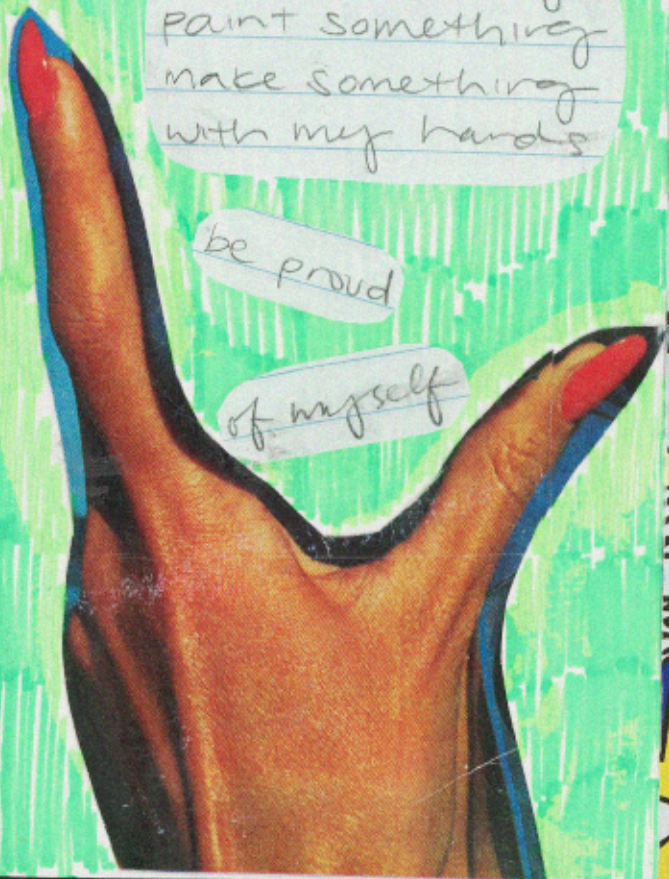
don't think too much

remember that I am capable

draw something
paint something
make something
with my hands

be proud

of myself



drink water light a candle cook

dinner remember



to do skin care routine

consistency

is key

give myself at least
an hour to lay in
bed and do nothing

go on a drive,
win errands

dance alone in my
room to 2000s bangers
before bed to wind down

daily dose of trends
facetime bestie

make time to be present
with myself, whatever
that means, whatever
I need in the moment

sleep in a
little longer



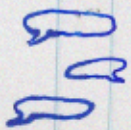
appreciate
the full
moon



buy myself
something
nice



look forward



to the weekend



talk to
myself



watch
the
sunset

dye my
hair



