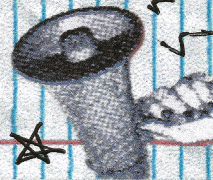




# Your Mental Health MATTERS



KEEP THIS BOOK CLEAN  
DO NOT TURN DOWN THE LEAVES  
Borrowers finding this book pencil-marked, written upon, mutilated or unwarrantably defaced, are expected to report it to the Librarian.

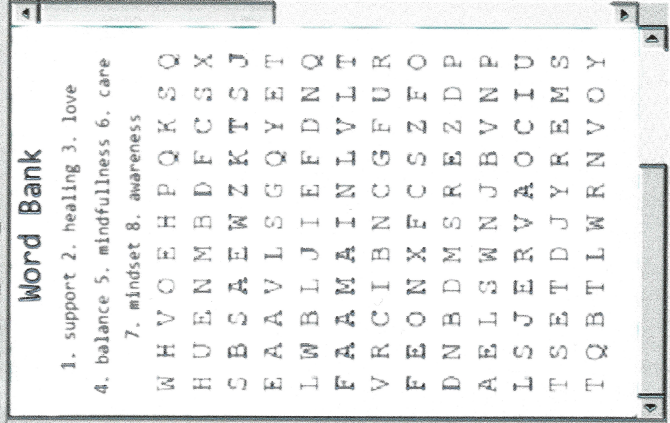
Take a break, you've been working too hard.

It's okay to take breaks, you deserve it!

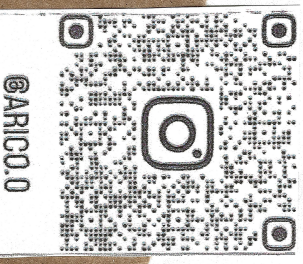
I understand, sometimes I feel guilty for taking breaks inbetween tasks because it feels like time wasted. but you'll work a zillion times better after taking a snack break and a breather. :]

- your mental health matters!

( I promise ) :-)



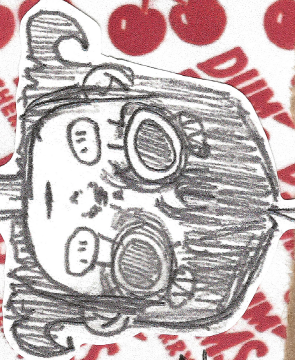
My name is Ari! I like to create fun things here! :-)



Hobbies are important! ❤️

Continue to invest time in your hobbies! IT WILL KEEP YOU SANE.

Don't be a dum-dum. Get proper Sleep!!!



Don't sleep less! Sleep more!

Yes, School is important, but so are YOU!

Good grades... but at what cost?

it's okay to be selfish sometimes ( I mean it !!! )

We all want to be there for everyone, but you have to be there for yourself first.

don't feel guilty for putting your mental and physical health first.

( the people who truly care for you will understand )

important!