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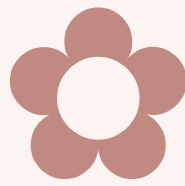
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Self-care reminder print



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A R E M I N D E R

self-care print

you cannot pour from an empty cup

rest is not laziness

boundaries are not selfishness

asking for help is not weakness

you deserve the care

you give to everyone else

T A K E C A R E O F Y O U R S E L F F I R S T

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