

It's okay  
to pause,  
breathe, &  
reset when  
needed.



Take time to  
appreciate  
yourself &  
others.

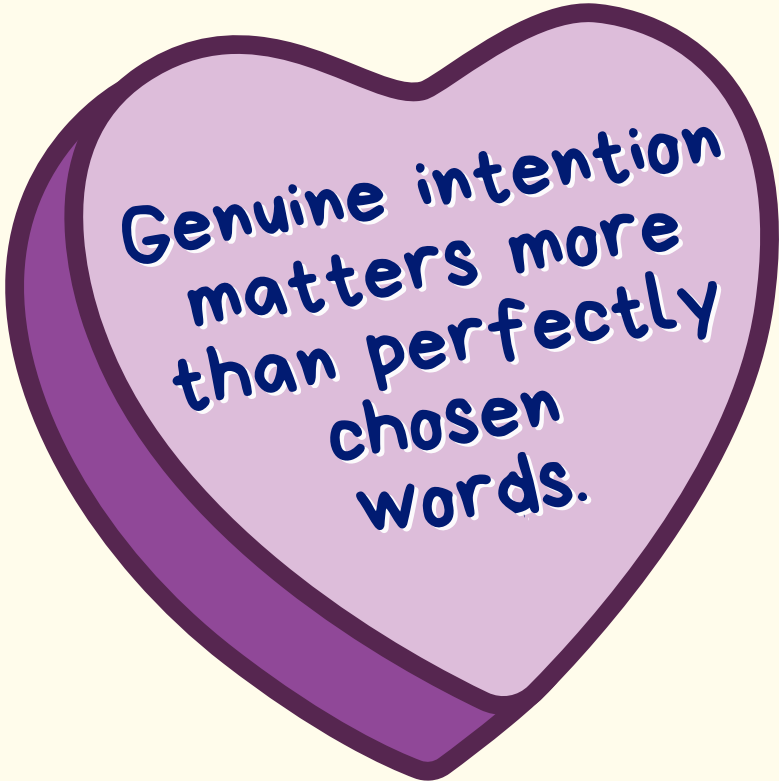
# Reminders for Valentine's Day




Do something  
nice for  
yourself.



Remember  
that all your  
feelings are  
valid.



Genuine intention  
matters more  
than perfectly  
chosen  
words.



Reach out to  
those who may  
feel lonely.  
Inclusion matters  
& helps joy  
grow.

@socialthinking