

How are you doing?

A 2x2 grid of illustrations. The top-left panel shows a person relaxing in a yellow armchair with a lamp, labeled "WELLBEING". The top-right panel shows a person sitting up in bed holding a mug, labeled "KINDNESS". The bottom-left panel shows a person sitting on the floor reading a book under a tent, labeled "SELF CARE". The bottom-right panel is a large teal box with the text "MENTAL HEALTH AWARENESS WEEK".

WELLBEING

KINDNESS

MENTAL HEALTH AWARENESS WEEK

SELF CARE