


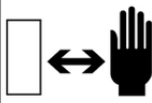


 WARNING	
	Stop RTFM
	Go out'n' play!

NOTICE	
	Hungry? Angry? Lonely? Tired?

 CAUTION	
	What I focus on increases.

NOTICE	
	It's OK to take care of my own needs first.

 CAUTION	
	My boundaries are MINE to decide!

NOTICE	
	I am OK. Ground supports me.

NOTICE	
	I am OK. Ground is supporting me.

 DANGER	
	Still too many battles...



 CAUTION	
	STOP proving myself I am already good enough.


 CAUTION	
	Detox from Social Media.

NOTICE	
	Do less! That is good enough.

NOTICE	
	Minimize! Less is enough.

NOTICE	
	It's OK to be energetic. It's OK to be tired.
	It's OK to rest. May I be OK.

NOTICE	
	It's OK to be energetic. It's OK to be tired.
	It's OK to rest.

NOTICE	
	It's OK to be energetic. It's OK to be tired.
	It's OK to rest.

NOTICE	
	Ko nema u glavi
	Ima u nogama.

NOTICE	
	Ko nema u glavi
	Ima u nogama.

NOTICE	
	May I live with ease and support.
	May I appreciate joys I experience.

NOTICE	
	This is a moment of suffering...
	May I be kind to myself.

CAUTION	
	Inner Jackal Attack!
	May I be kind to myself.

NOTICE	
	No dog? No problem!
	Take yourself for a walk!

NOTICE	
	Is bath too much effort?
	Enjoy a relaxing shower instead!

DANGER	
	No Danger any more! I am safe NOW.
	I can say no. I can say STOP!

DANGER	
	No Danger any more! I am safe NOW.
	I am supported. I can leave. or I can say no.

DANGER	
	No Danger any more! I am safe NOW. I am supported. I can leave. or I can say no.
	



WARNING	
	Not impossible... Just take one step and then the next
	

WARNING	
	Not impossible... Just take one step at the time
	

CAUTION	
	Too much online
	Go outside!

NOTICE	
	Your friends love you...
	Give them a call!

NOTICE	
	Stop ruminating...
	go for a walk and enjoy!

NOTICE	
	It's not your fault! NISAM KRIVA
	You are OK. You are loved.

DANGER	
	Doing too much! Pause... ... take a nap...
	

DANGER	
	Doing too much! Can cause burnout!
	Take some rest.