



**WHAT IF  
I FALL?**

**OH, BUT MY  
DARLING  
WHAT IF  
YOU FLY?**

No one can make

you feel inferior

without your

consciousness



MENTAL

*Health*

MATTERS



NAMI

Wisconsin

LEARN to

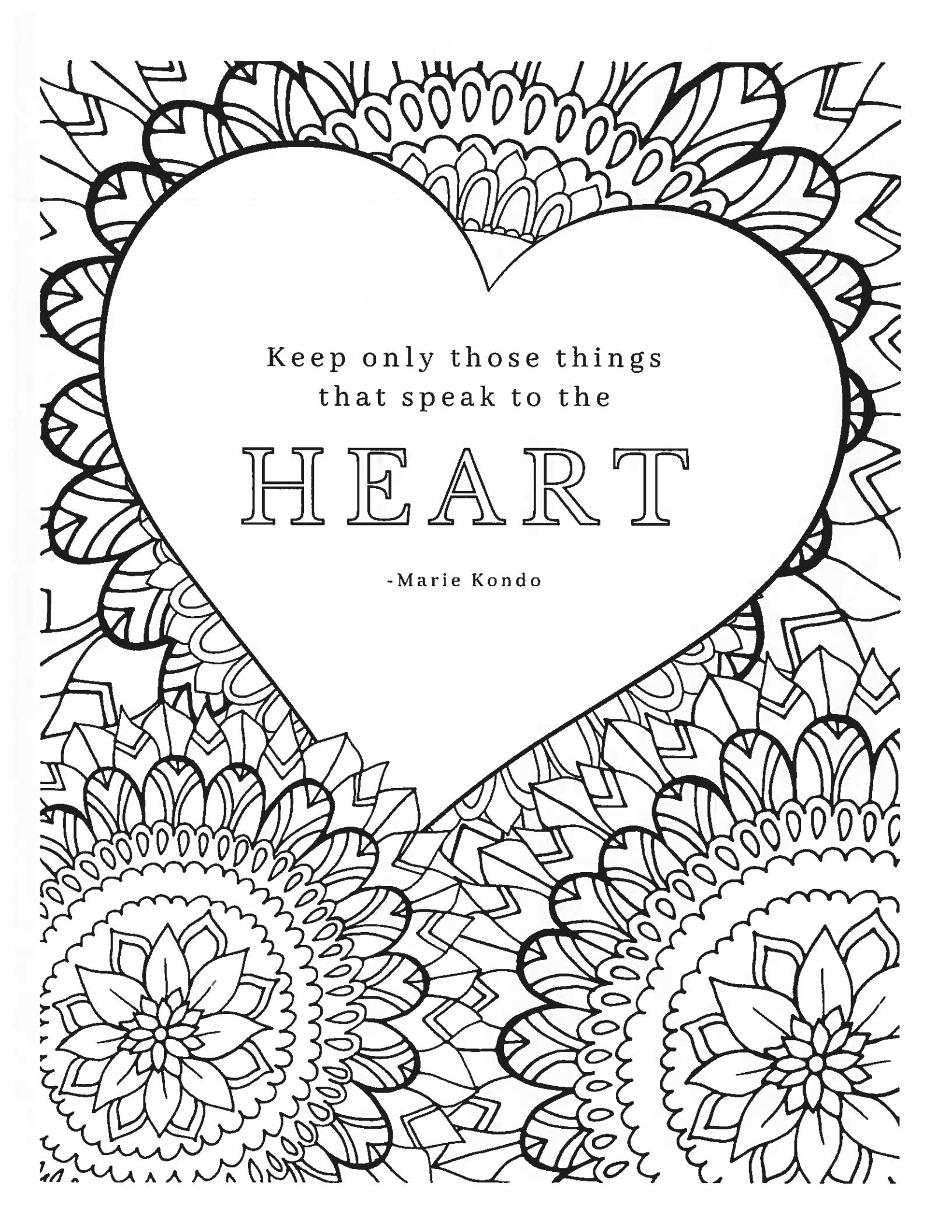
let Things

you Can't

Control

GO





Keep only those things  
that speak to the

# HEART

-Marie Kondo



# Grow Hope









BE TOUGH

Everyone

is

STEAK