

Ask for help



Ask for help



Talk to someone



Talk to someone



Take a break



Take a break



Be kind to myself



Be kind to myself



Be proud of myself



Be proud of myself



Keep trying



Keep trying



Learn from my experiences



Learn from my experiences



Share my feelings



Share my feelings



Try new things



Try new things



Don't give up



Don't give up



Believe in myself



Believe in myself



Keep learning



Keep learning

