



SOME SEASONS
ARE FOR GROWING,
OTHERS FOR
SURVIVING
AND THAT'S OKAY
KEEP GOING!



YOUR MIND IS A
GARDEN
nurture it with care
LET IT BLOOM IN
ITS OWN TIME.

A decorative illustration featuring a cluster of pink cosmos-like flowers with green leaves at the top. Below the flowers, a large, faint, light brown root system spreads out across the lower half of the image. The text is centered over this background.

ROOTS GROW
DEEP BEFORE
FLOWERS BLOOM
*be patient with
yourself*