

# Patterns



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# HOW I FEEL



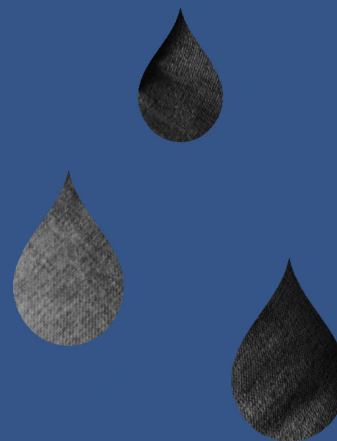




When

it

overflows





Speak

your

mind





And reconnect  
with what & who  
you **love**



*“Mental health is not just about managing stress or anxiety, it’s all about cultivating a loving relationship with yourself.*

*When you prioritize self-care, you’re telling the world you’re worthy of love and attention” – Dr. Julie*

*Smith*

*Smith*





防災対応型



中江電機工業株式会社





*Fleur Jansen*