

b.r.e.a.t.h.e.

yourself, and give yourself time, and give yourself space, and give yourself the rest you deserve, and

b r e a t h e

BREATHE

BREATHE

give yourself the rest you deserve, and

BREATHE

even more love and compassion, and give yourself

m m m

BREATHE

m m m

breathe

breathe

give yourself the self-care you're put off; and give yourself a hug, and give yourself love, and give yourself

BY SERA S.A.

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