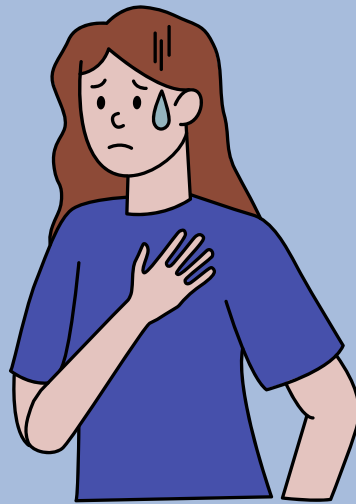


# it's okay to...



mourn the loss of  
pre pandemic life



feel worried about  
the future



keep talking  
about COVID



advocate for  
precautions in  
your community



find an affirming  
therapist to talk  
with



find new friends  
you're in  
alignment with