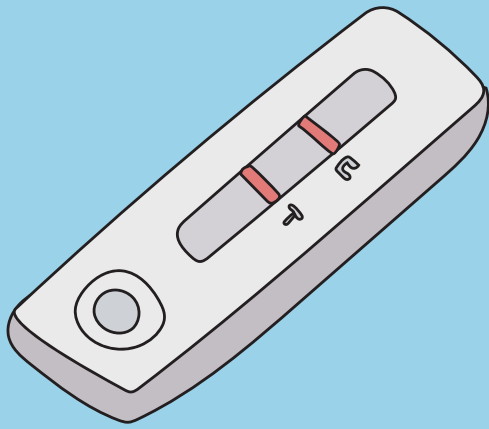


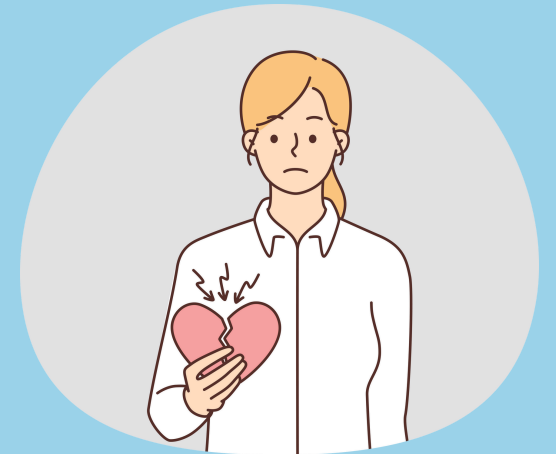
it's okay to...



ask other people
to test before
meeting up



bring up hard
conversations
with loved ones



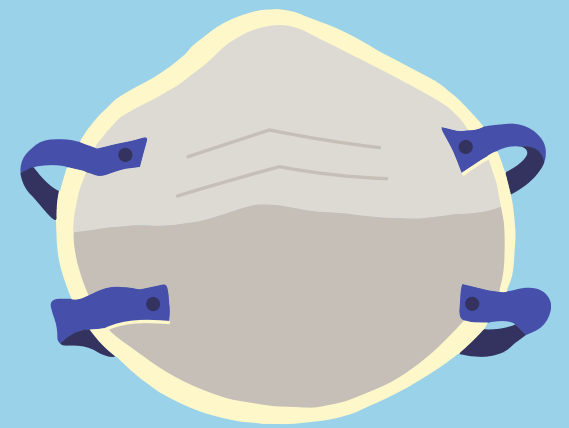
let go of
relationships that
no longer fit



take breaks
from media



feel overwhelmed
or scared



change or update
your precautions