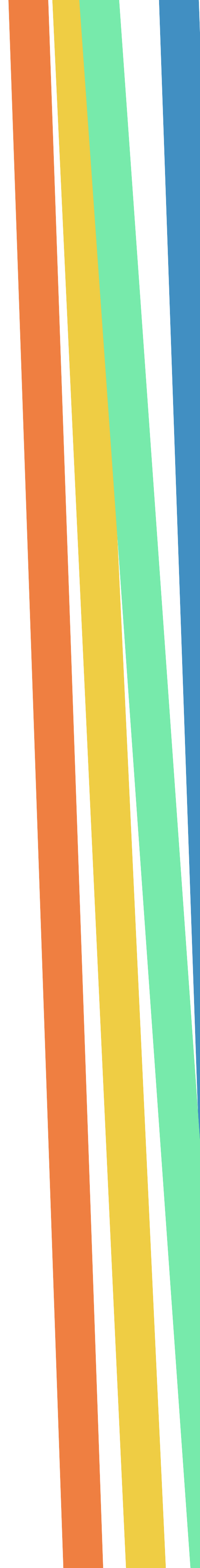




# Connect

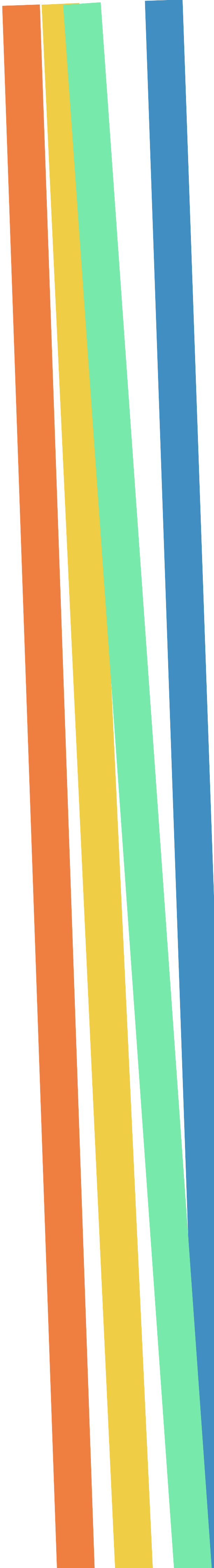


# Compassion





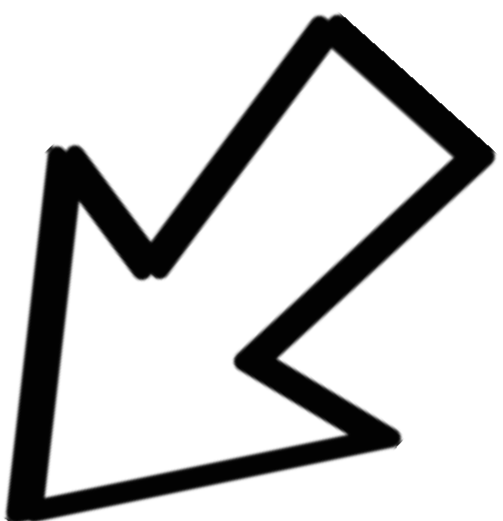
# Choose to slow down



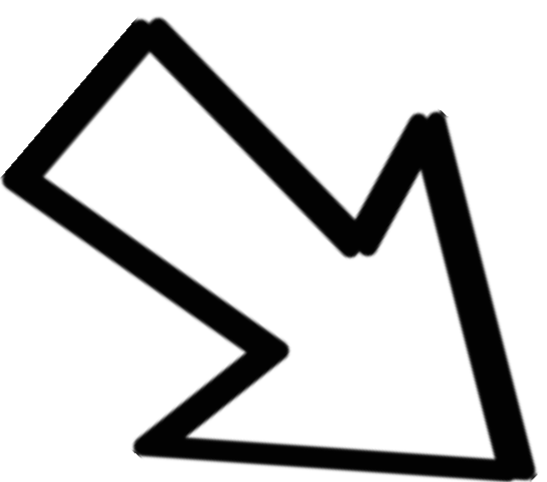
# Create



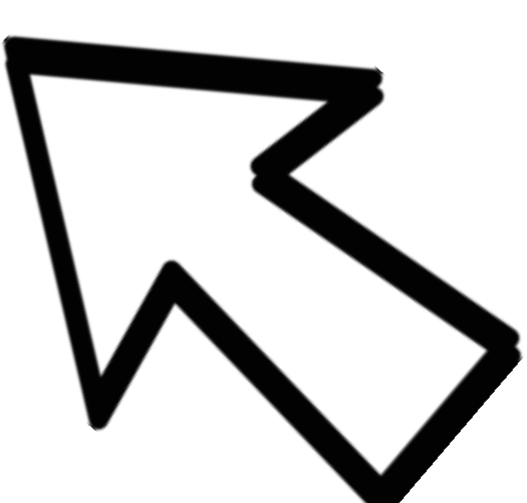
**Create**



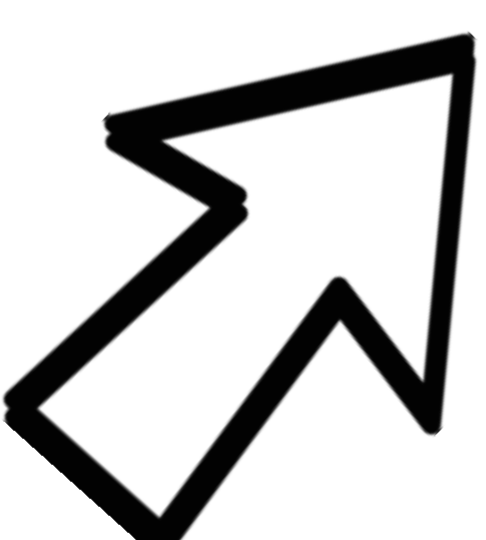
**Resilience**



**Connect**



**Compassion**



**Choose to  
slow down**

The page features decorative stripes on both the left and right sides. Each side has four parallel stripes in the following order from top to bottom: orange, yellow, light green, and blue. The text is centered in the white space between these stripes.

**How do you**

**practise positivity?**