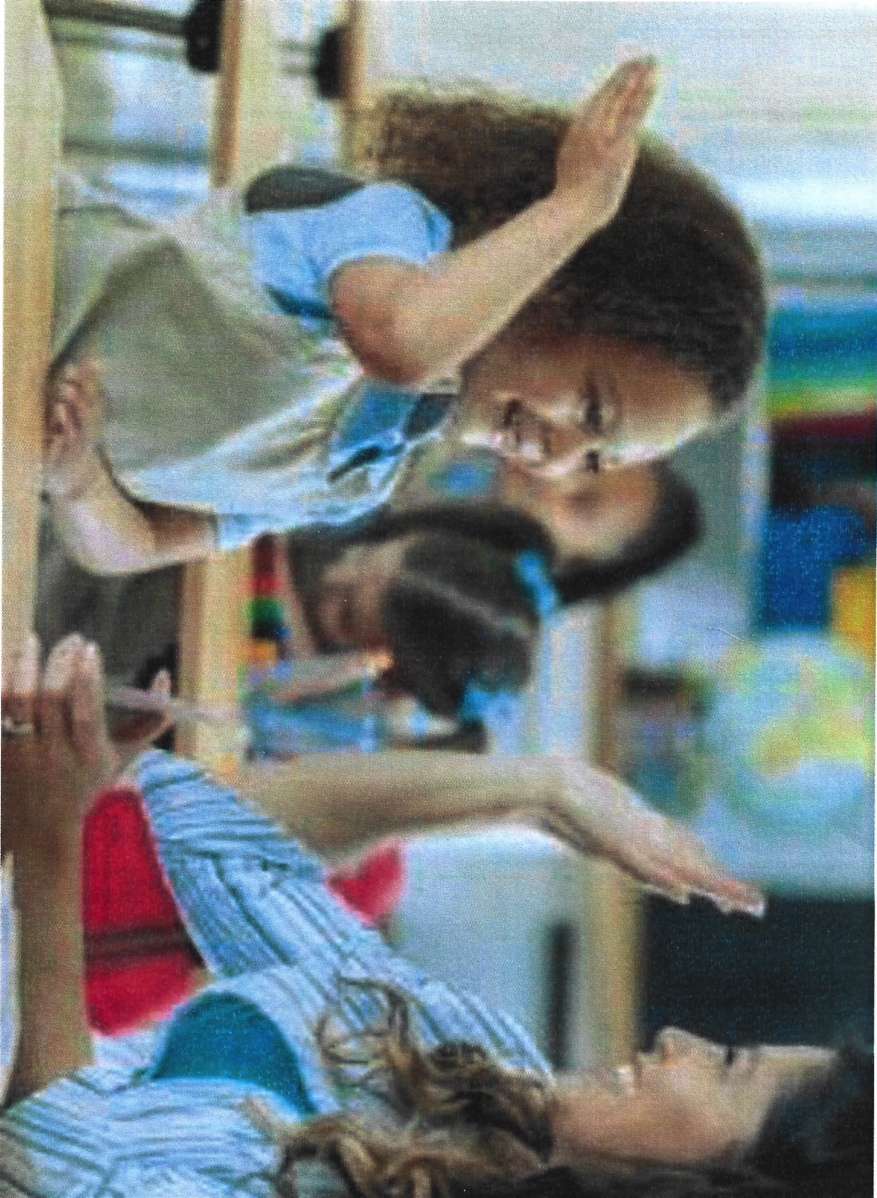
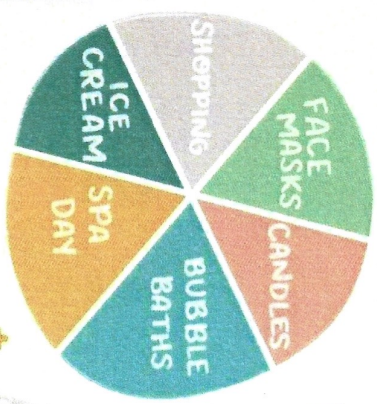




4 MENTAL HEALTH BENEFITS OF  
MAKING ART + BEING CREATIVE



# SELF CARE



WHAT IT *actually* is



WHAT PEOPLE *think* it is

@DAYLIGHTILLUSTRATIONS

