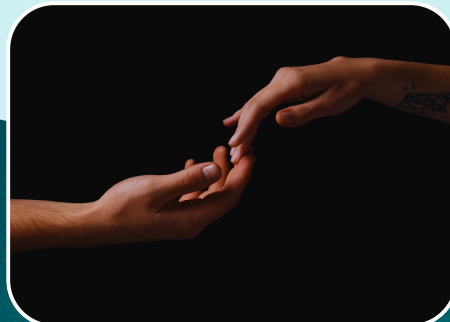


MINDFUL MONDAY



TENDER TUESDAY



WELLNESS WENESDAY

THANKFUL THURSDAY

FEEL BETTER FRIOS

SERENITY SATURDAY

SLOWDOWN SUNDAY


1
Welcome To Healing April,
Let's feel better together
"my peace is tied to yours.
When we breathe together,
the world exhales"

2
Take back your power,
We lose it in the first
place by thinking we
don't have any.

3
Dear survivor
It wasn't your fault and it
is not your shame to
carry.

4
All pain is valid,
communicate about things
that hurt you.


5
SILENT 

6
INTERNATIONAL ASEXUALITY DAY.
Joyfully recognise the diverse
uniqueness of the ace community.
#IAD26 

7
NO IS A FULL SENTENCE

8
It is okay to be a
masterpiece and a work
in progress at the same
time.

9
Mindset reset:
Instead of saying "I have to,"
say "I get to." Be the change
in your own mind, and the
world around you will begin
to soften.

10
Sooth yourself with an
uplifting book or listen to
a TED talk on healing and
self love. 

11
Go for a walk, change of
scenery and vitamin d are
good for your mood and
immunity.

12
Fighting strong requires
knowing when to
recharge your battery.
Rest up

13
Every breathe we take, is
a choice to keep going,
let's stay brave.

14
Scars are a road map to
where you have been,
they don't dictate where
you're going.

15
Gently and slowly, you
will return to yourself.

16
No such thing as quitting,
we try again tomorrow

17
Never forget those who
helped you, those who
left you at a difficult time
and those who put you
difficult times.ukn

18
Healing is a solo journey
that requires a village of
support. "If you want to go
fast, go alone. If you want to
go far, go together."

19
Dedicate time to a
relaxing self-care ritual
listening to calming music
or audio poems.

20
LESBIAN VISIBILITY WEEK
Health and wellbeing
"To be healthy and visible in a
challenging world is an act of
fierce resilience"

21
Visibility is the antidote
to erasure, this week we
don't just exist, we shine.
#LVW26

22
Telling our stories first to
ourselves, then to the
world is a revolutionary
act.
#VOICE UP #LVW26

23
When we unite our
voices, the world cannot
help but change, "tighten
solidarity"

24
Be the you you have
always been. #LVW26

25
Visibility is not just about
being seen; it is
reclaiming what is
rightfully ours

26
LESBIAN VISIBILITY DAY
Be seen, be well, be proud.
"visibility is a lighthouse
that tells others they are
not alone in the dark." 

27
Learn to live in the
moment, forgive yourself,
don't hold grudges and
don't dwell on negativity

28
It is okay not to be ok. Its
okay to cry, it is okay to
get tired, it is okay.
#TOLIWEKA

29
Celebrate your wins, no
matter how small. 

30
Gratitude is the quiet
courage that allows us to
stand visibly in our truth



Connect with us 