

Tips for being single & being you!



How are you feeling?

SELF CARE
is a
PRIORITY

Take some time to be you & look after yourself



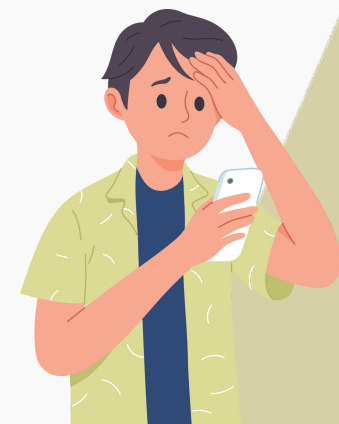
Consider your boundaries



Don't overthink!



Think about the future & what you want



Stop comparing yourself to others