

Self-care vs Sickcare



“This is where
we go...
when we’ve
waited too
long.”

A woman with long dark hair, wearing a white ribbed sweater, is smiling and looking upwards. She is sitting at a table with a white cup of coffee on a saucer and an open book in front of her. Steam is rising from the coffee cup. The background is blurred, showing other people in what appears to be a cafe or library setting.

“If only we go to heal
before we need to”

“Self-care or
sick care...
the choice is
always yours.

Choose gently.”



“Care for
yourself now...
or you'll be
cared for later.

One is gentle.
The other is
urgent.”

Save this for a reminder...
before your body reminds you.