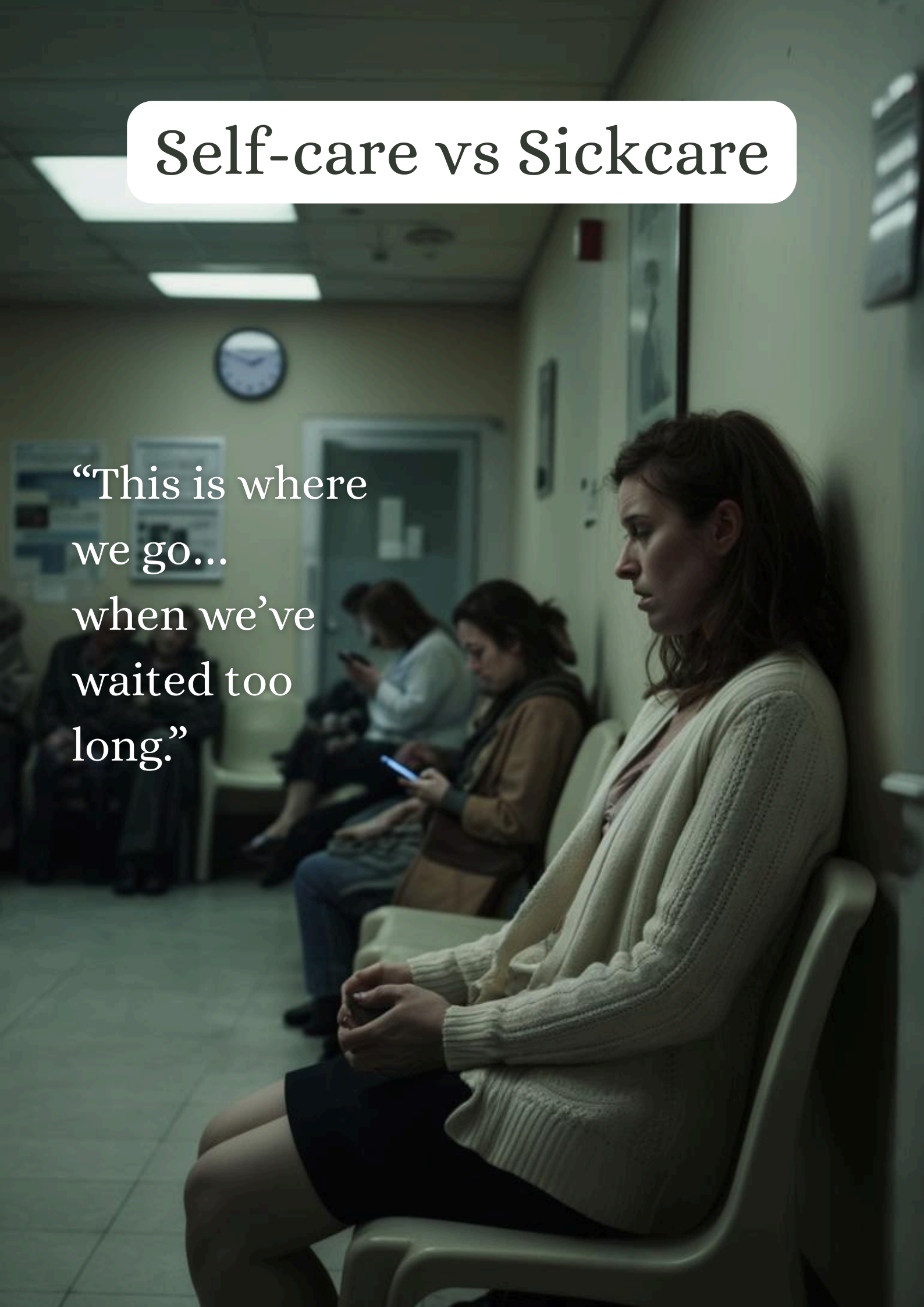


# Self-care vs Sickcare

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



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

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

Choose gently.”





A woman with long brown hair, wearing a light-colored cardigan, is sitting at a wooden table in a cafe, reading a book. A cup of coffee with steam rising from it sits on the table. In the background, other people are seated at tables near a large window.

“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.

@theElementofCalm