



SEPTEMBER 24

2022

"The Best Way to Find Yourself is to Lose Yourself in the
Service of Others"

-Mahatma Gandhi





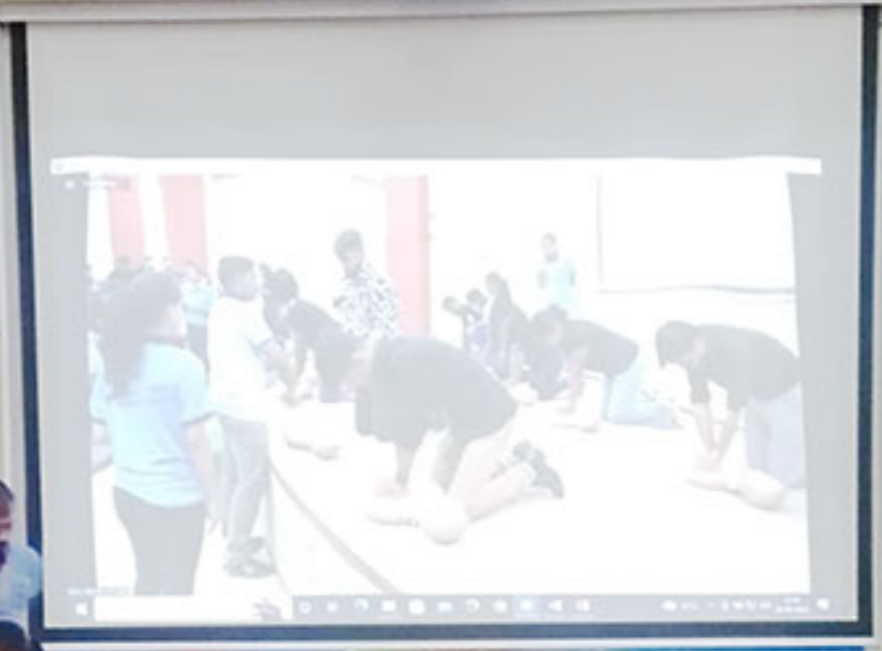








Creating a Nation of



NOT ME,
BUT YOU







STRESS COPING

CALMNESS
IS THE CRADLE
OF POWER.

THE GREATEST WEAPON
AGAINST STRESS IS
ONE'S ABILITY TO CHOOSE
ONE THOUGHT OVER
ANOTHER.



STOP FOCUS-ING ON
HOW STRESSED
YOU ARE AND
REMEMBER HOW
BLESSED
YOU ARE.

