

ROAR!

for

Wellbeing



Wellbeing
Foundation

**BE KIND
TO YOUR
MIND**

alwf.org.au

ROAR!

for

Wellbeing



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you are
enough

The image features a vibrant yellow background with a dark blue horizontal band at the top. A large blue circle is centered on the page, containing the text "you are enough" in a white, bubbly, hand-drawn font with orange outlines. A large blue heart is positioned behind the text, and several small orange hearts are scattered around it. The bottom of the image tapers into a yellow triangle.

ROAR!

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Make



YOURSELF

a priority

ROAR!

for

Wellbeing



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You
Matter

ROAR!

for

Wellbeing



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Inhale

CONFIDENCE



Exhale

DOUBT

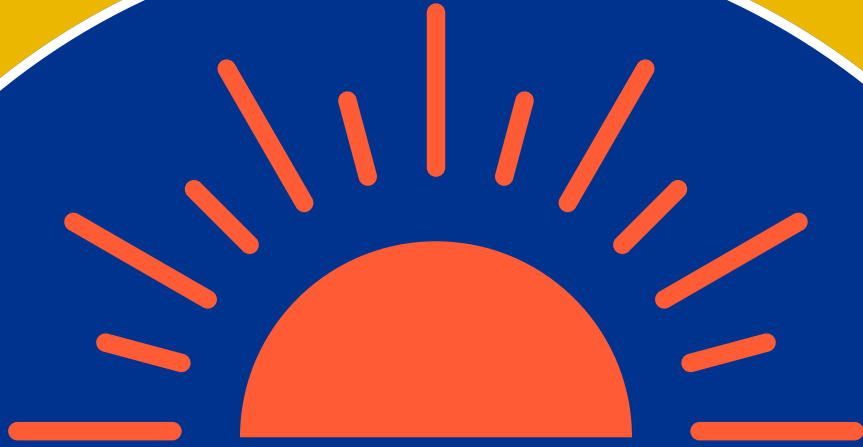
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Self Care
IS NOT
Selfish

ROAR!

for

Wellbeing



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**SPREAD
KIND
NESS**