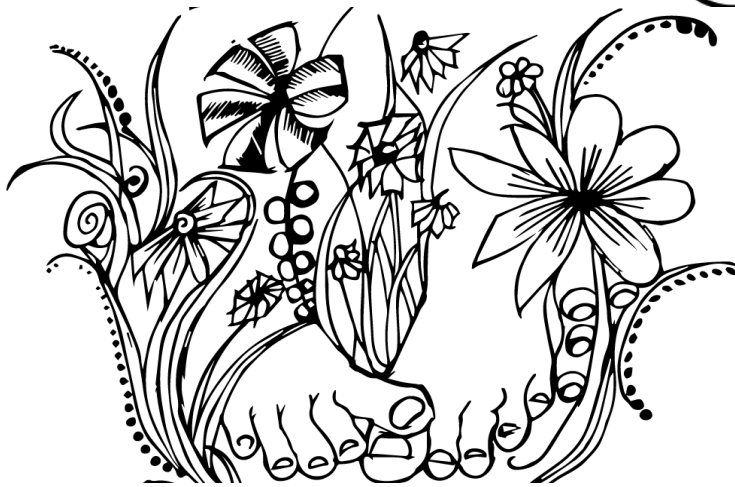
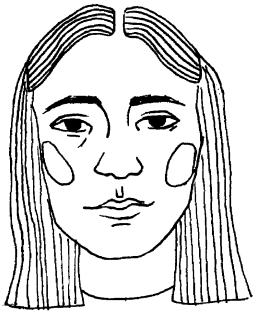
How to Self Care



MJ



Maria Canzano

Painting major at
Maryland Institute
College of Art

from Detroit, MI

Thea Ferdinand

Painting & Humanistics
Studies major at
Maryland Institute
College of Art

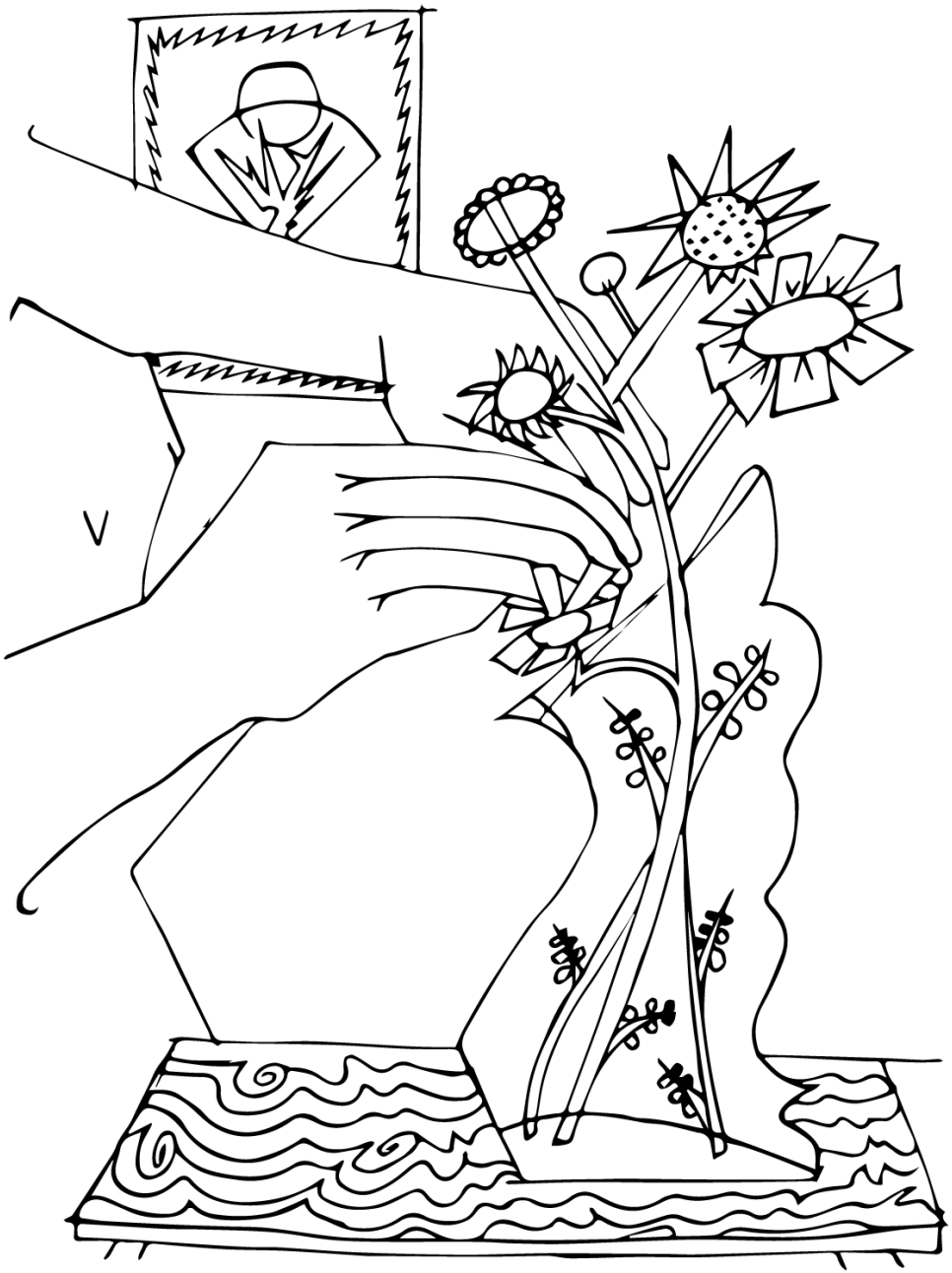
from Cincinnati, OH

Our favorite self care activities are...

going for a walk, taking a bath,

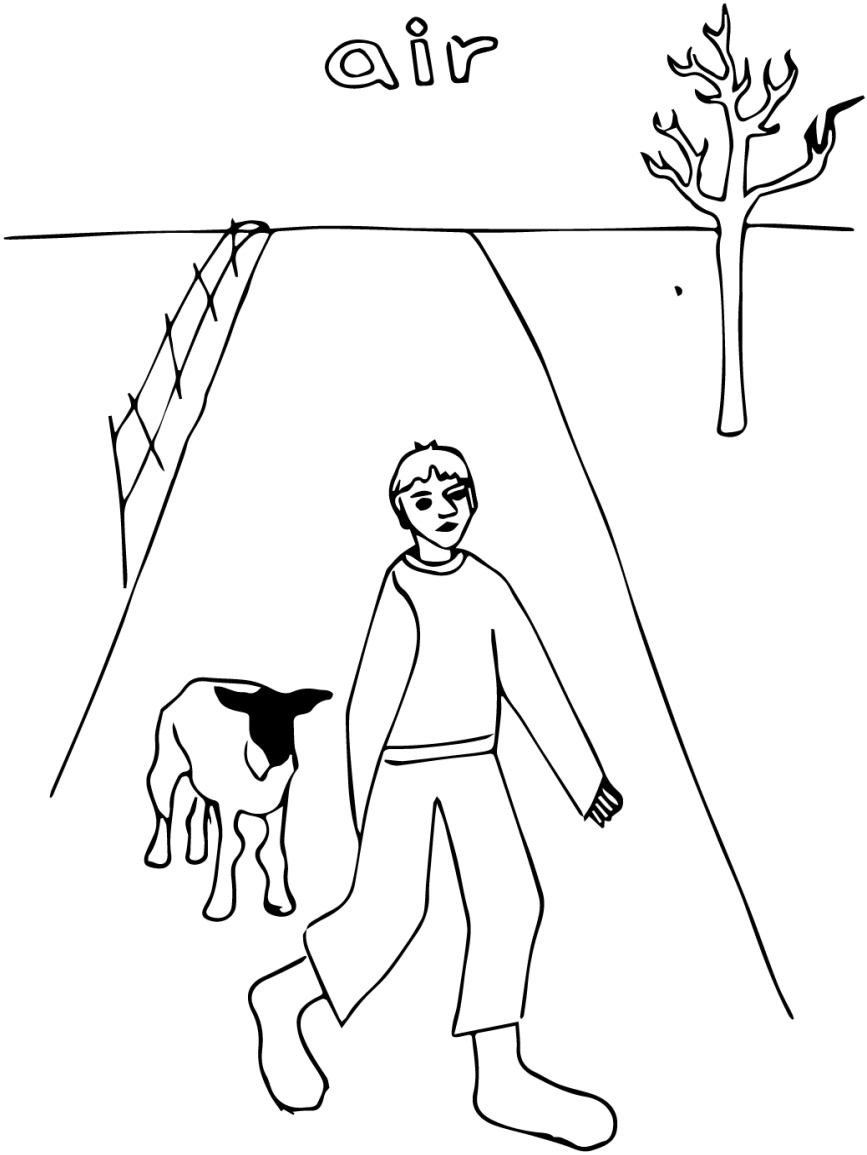
laughing with friends, and doing yoga.

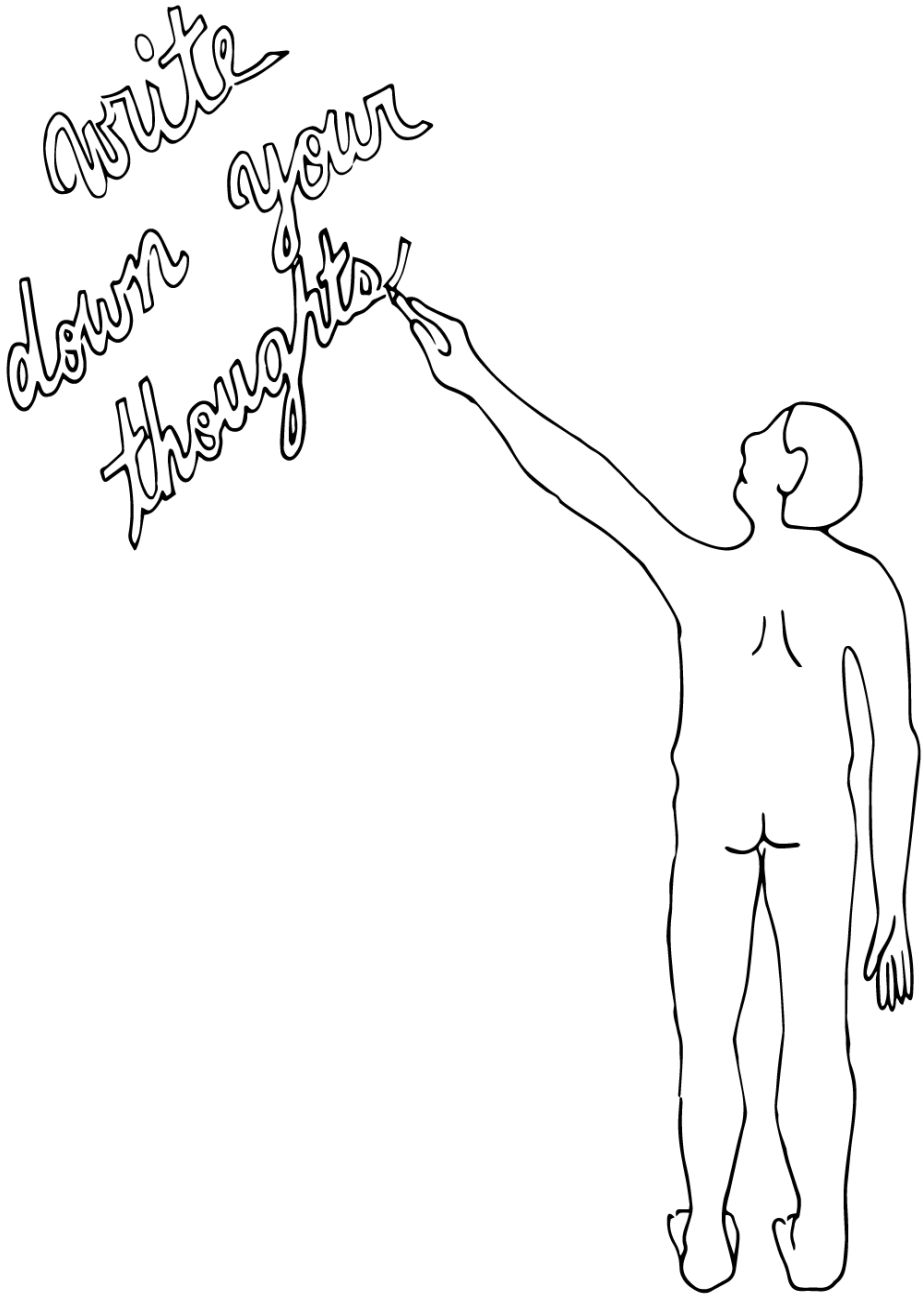
How to Self Care

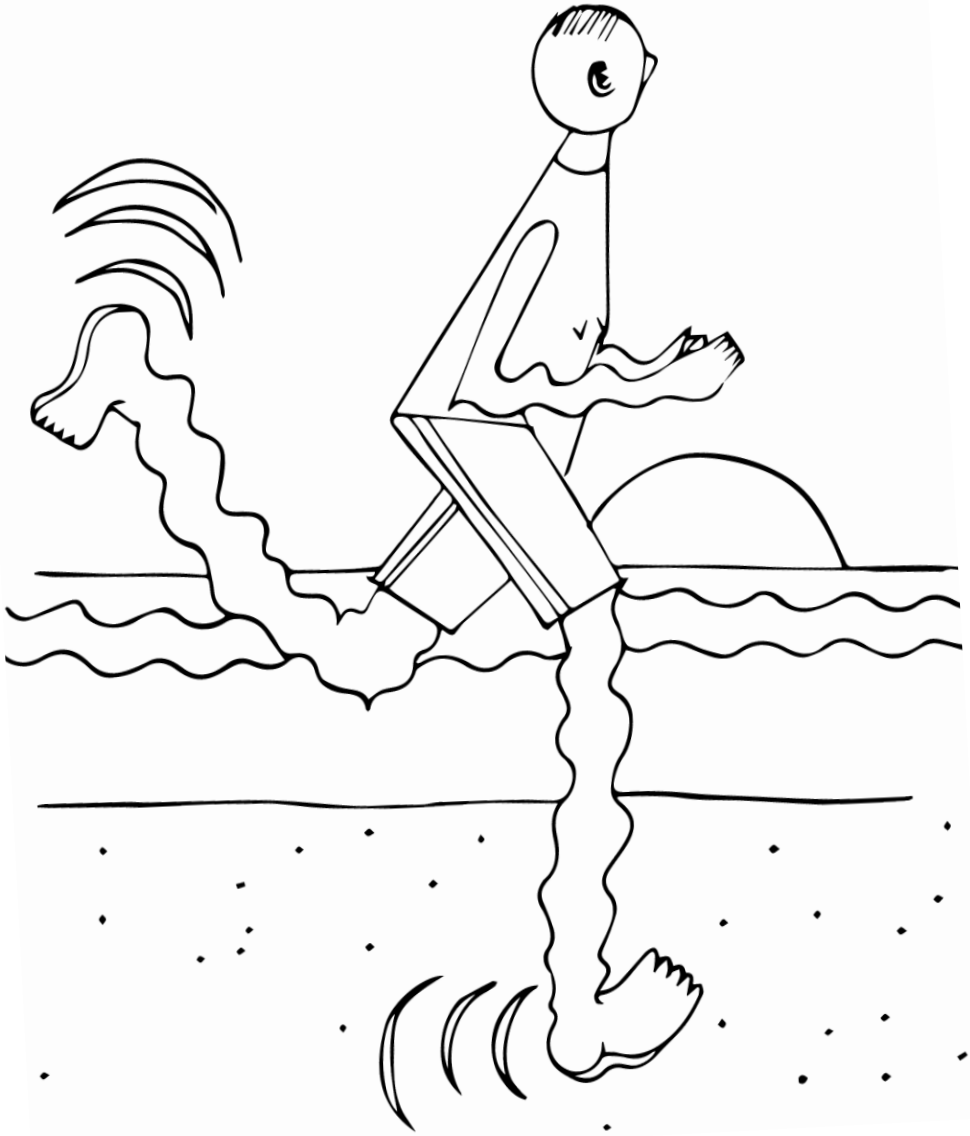


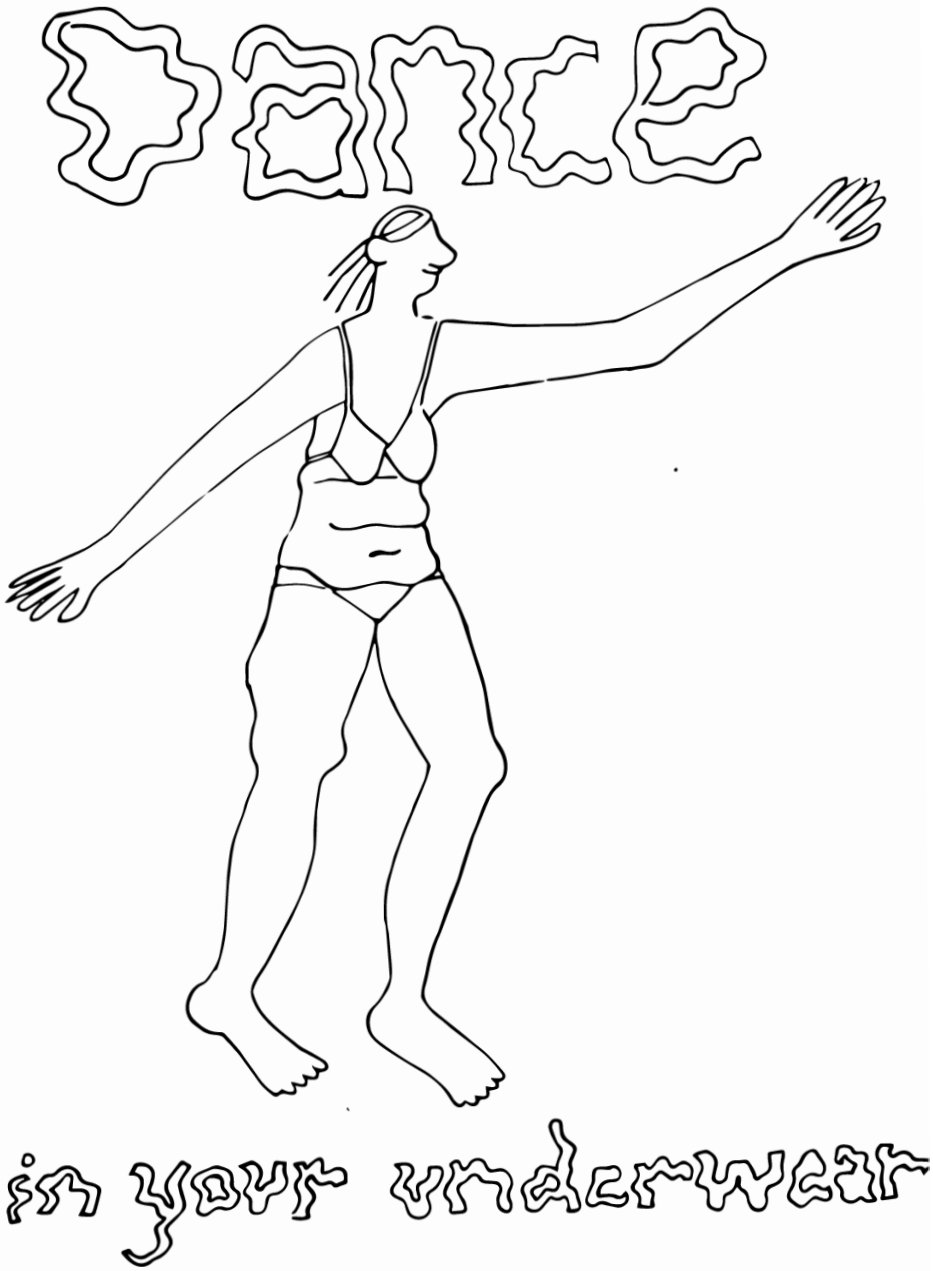
Do Nothing

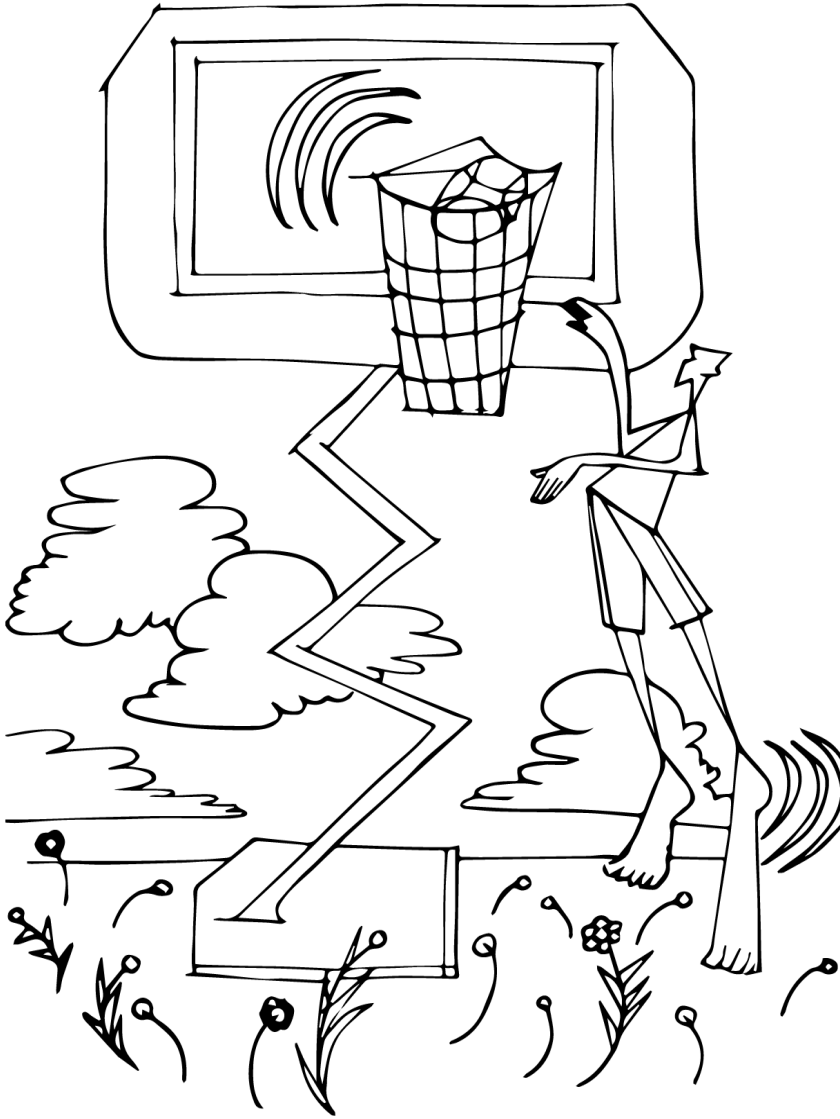
Get some fresh air




write down your thoughts

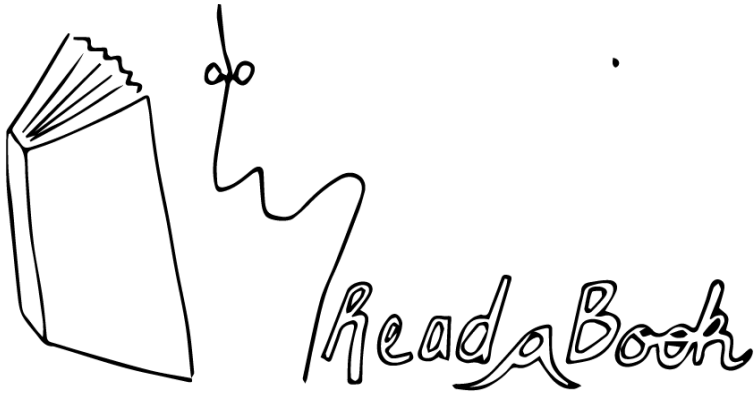



Dance
in your underwear



Drink a glass of water

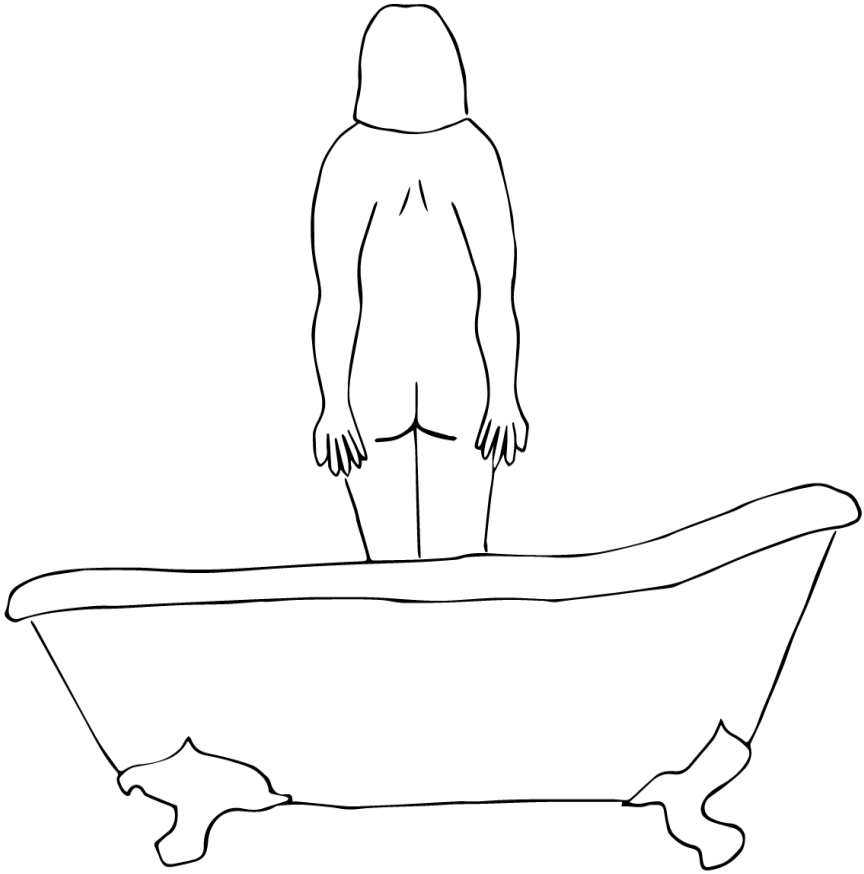
I'm Frankfue
for.....
2019


ReadaBook

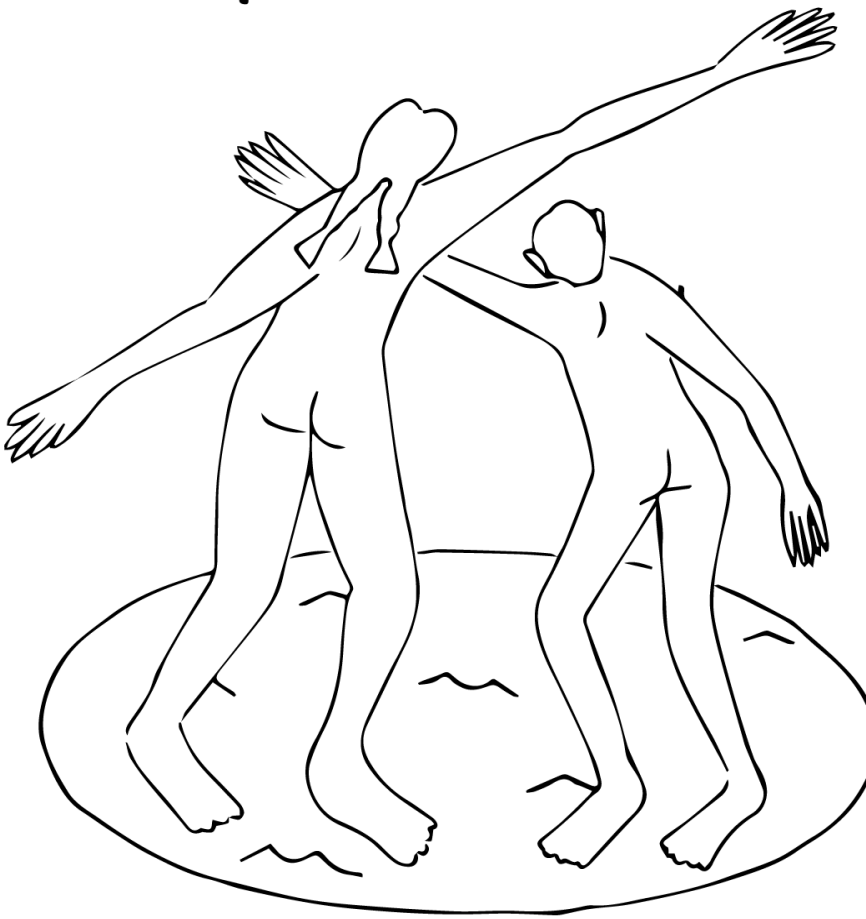
IKR!
totally

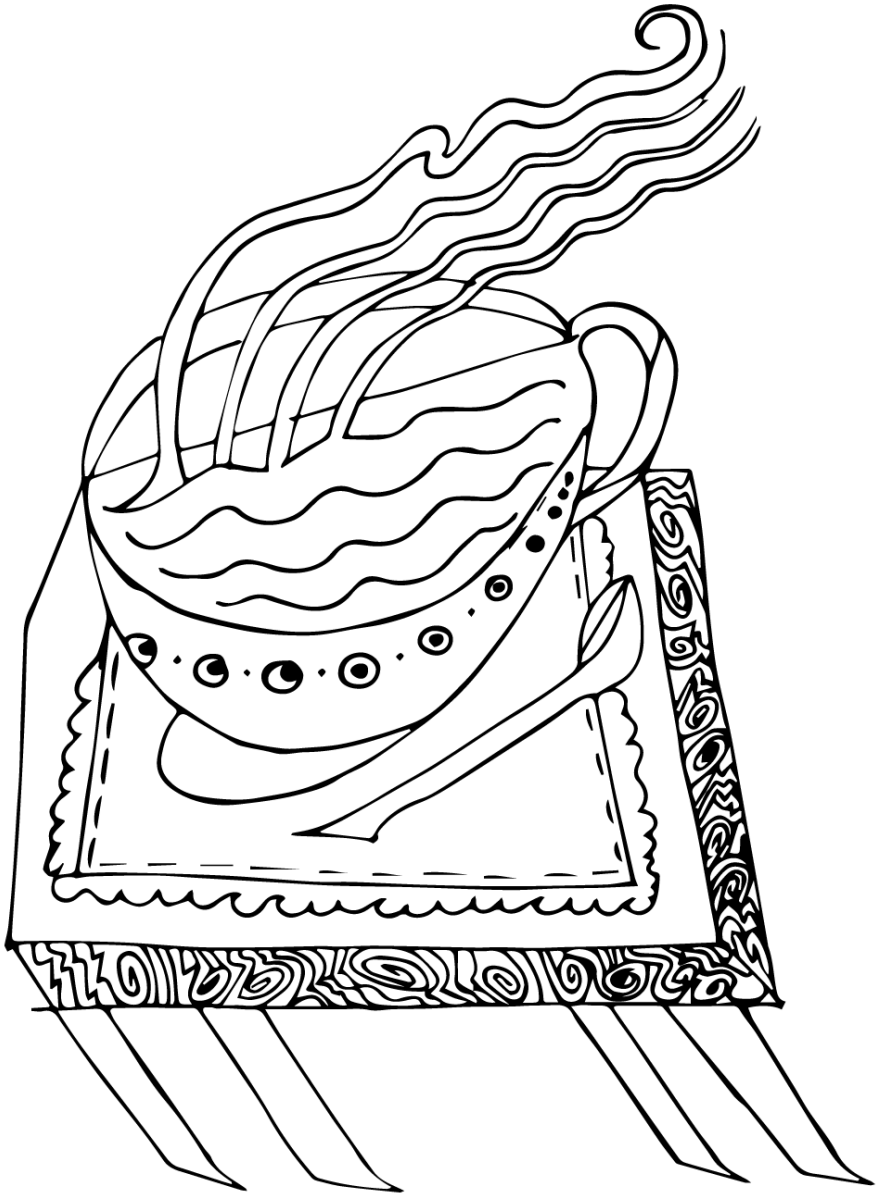
eat something yummy

take a bath

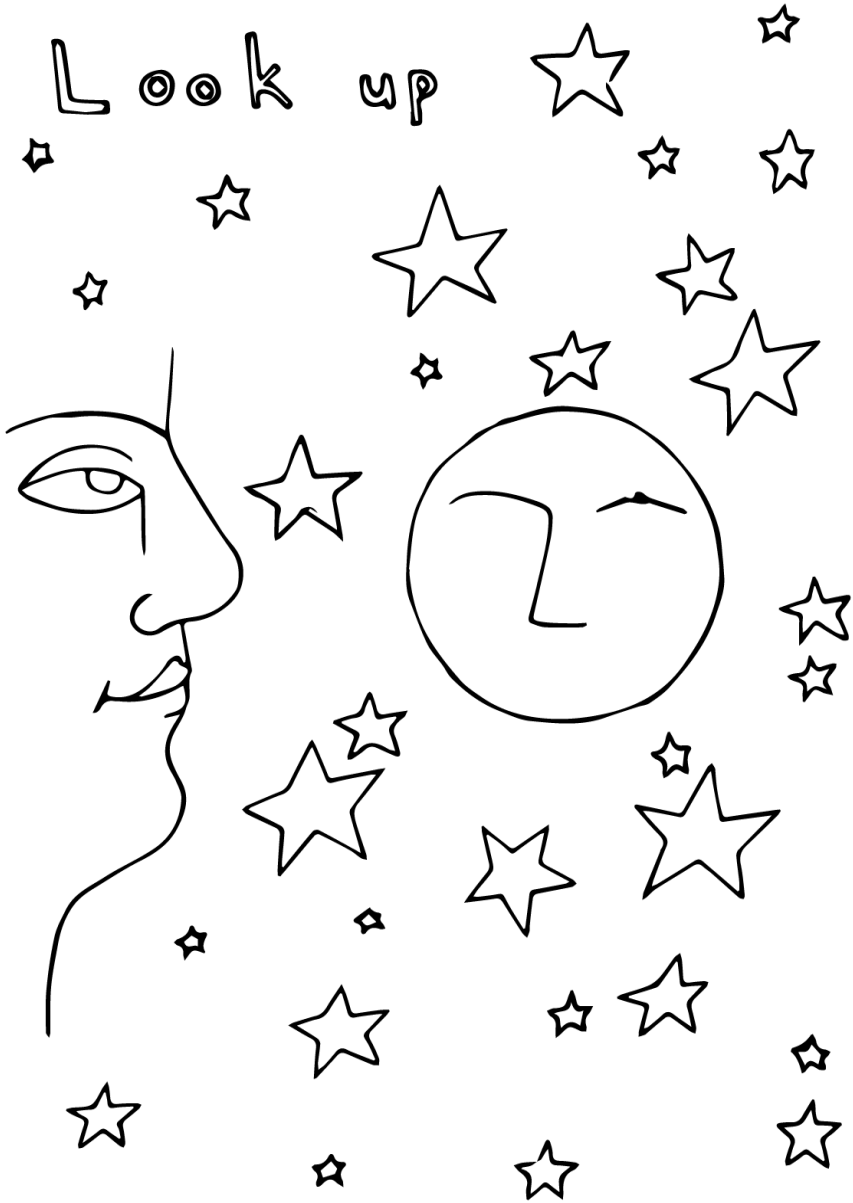


Jump in a pond





Look up



at the night sky

A space to reflect...

THE
MONU
MENT
QUILT

force upsetting rape culture