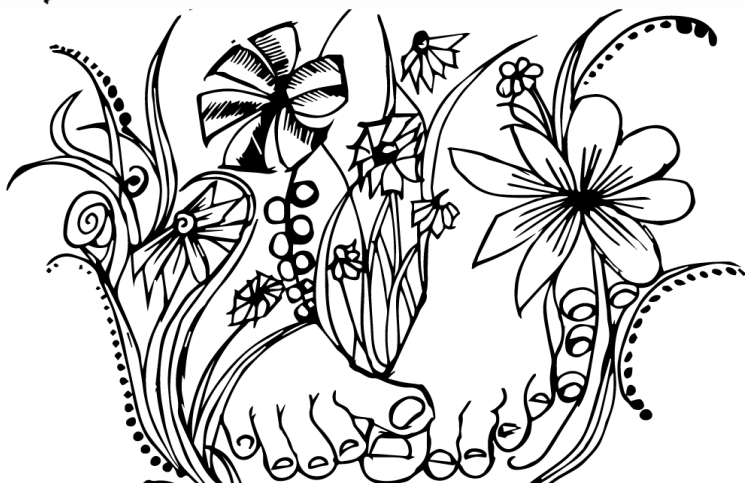
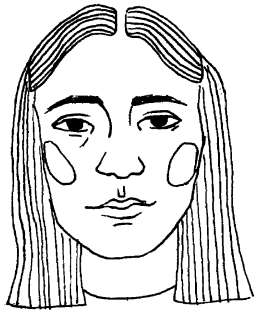


Guía de Autocuidado



MT



Maria Canzano

Estudia Pintura en
Maryland Institute
College of Art

De Detroit, MI



Thea Ferdinand

Estudia Pintura & Humanidades
Maryland Institute
College of Art

De Cincinnati, OH

Nuestras actividades favoritas de autocuidado son...

Ir a caminar, tomar un baño,

Reírnos con amigos y hacer yoga.



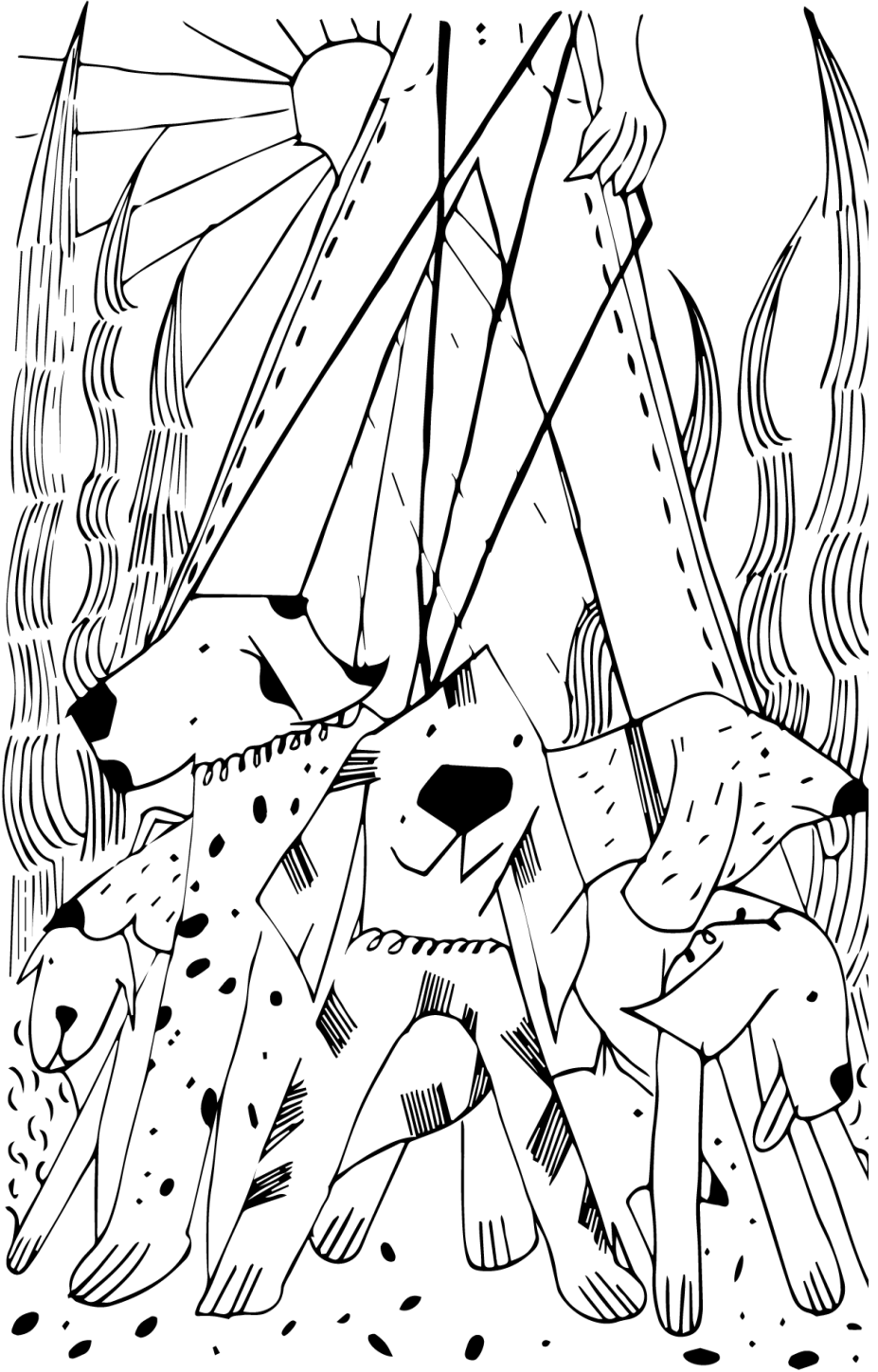
Guía de Autocuidado



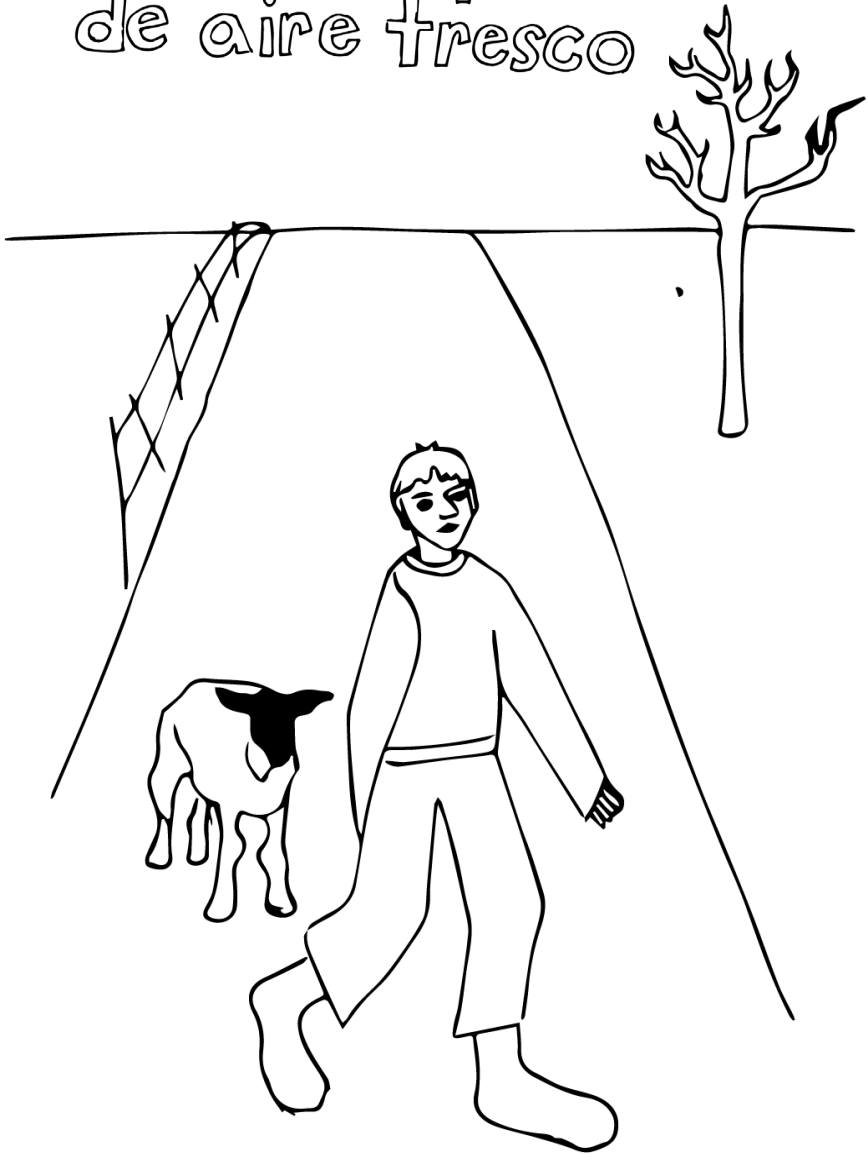


Haz Nada



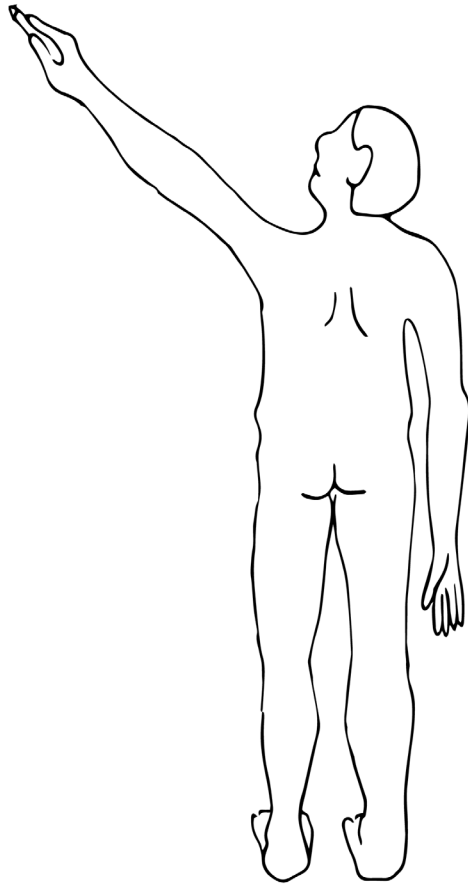


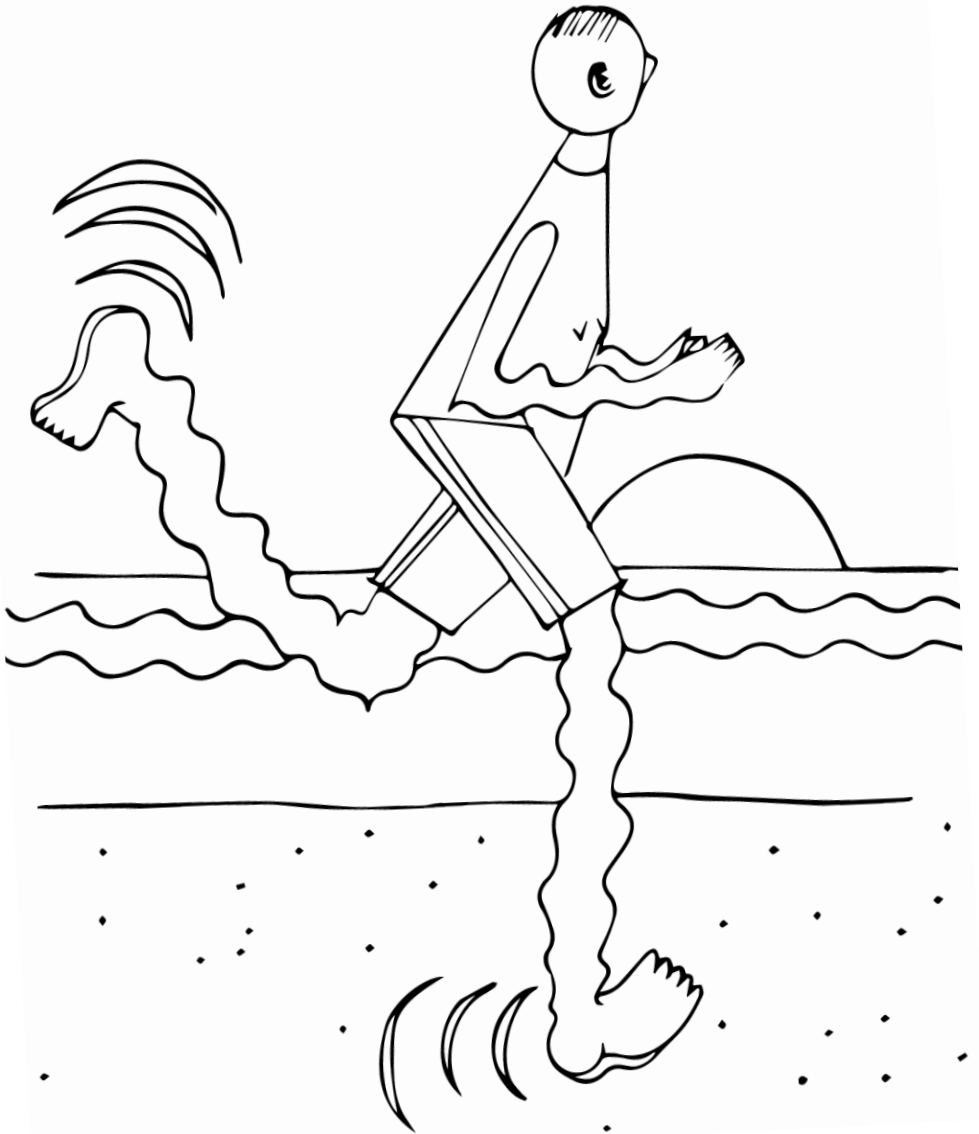
Toma un poco
de aire fresco



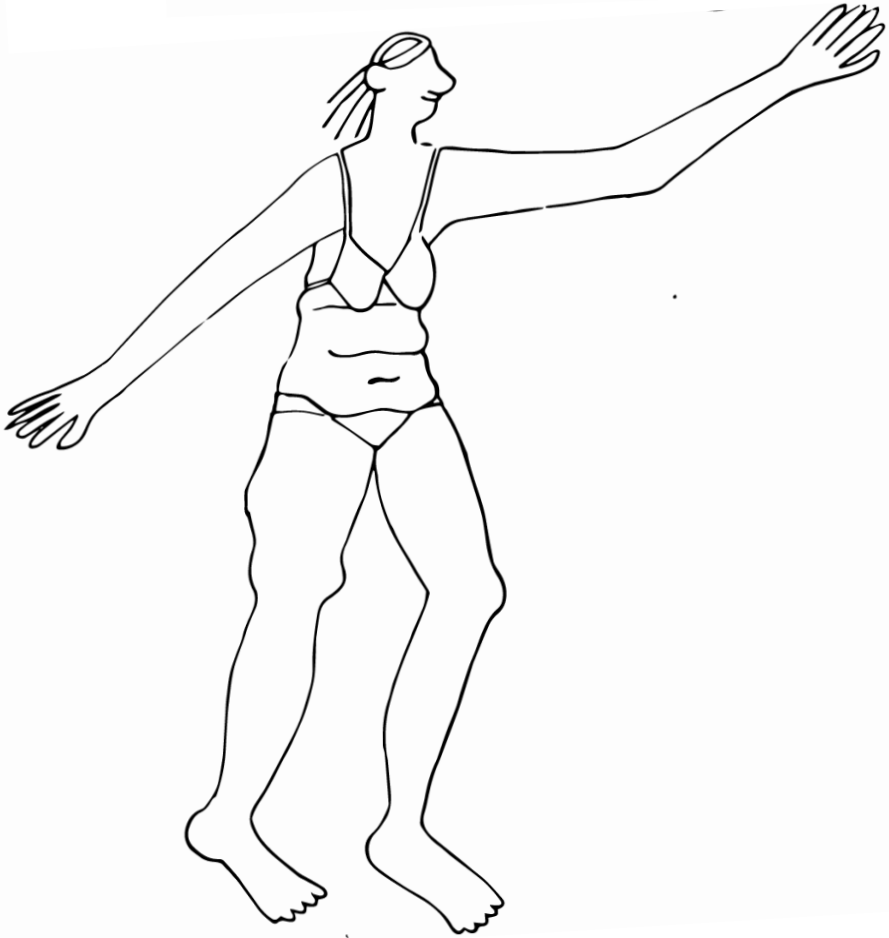


*Escribe
tus pensamientos*

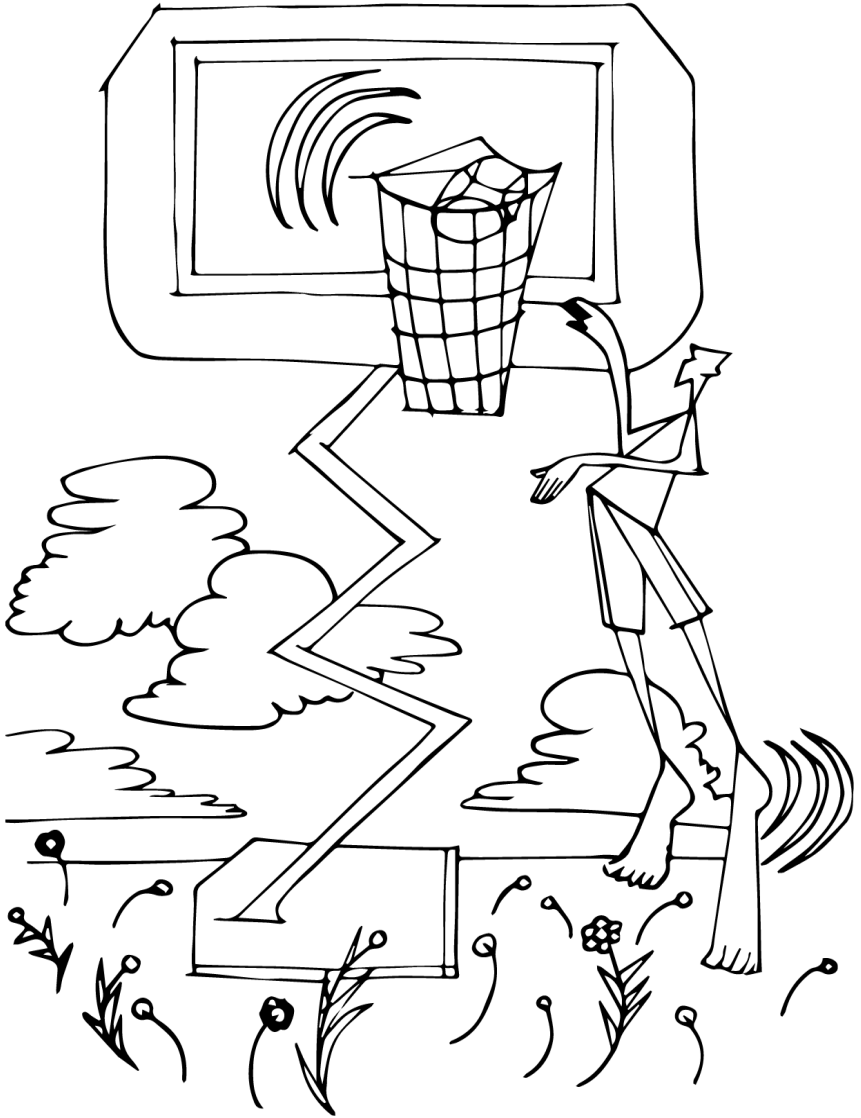




Baia

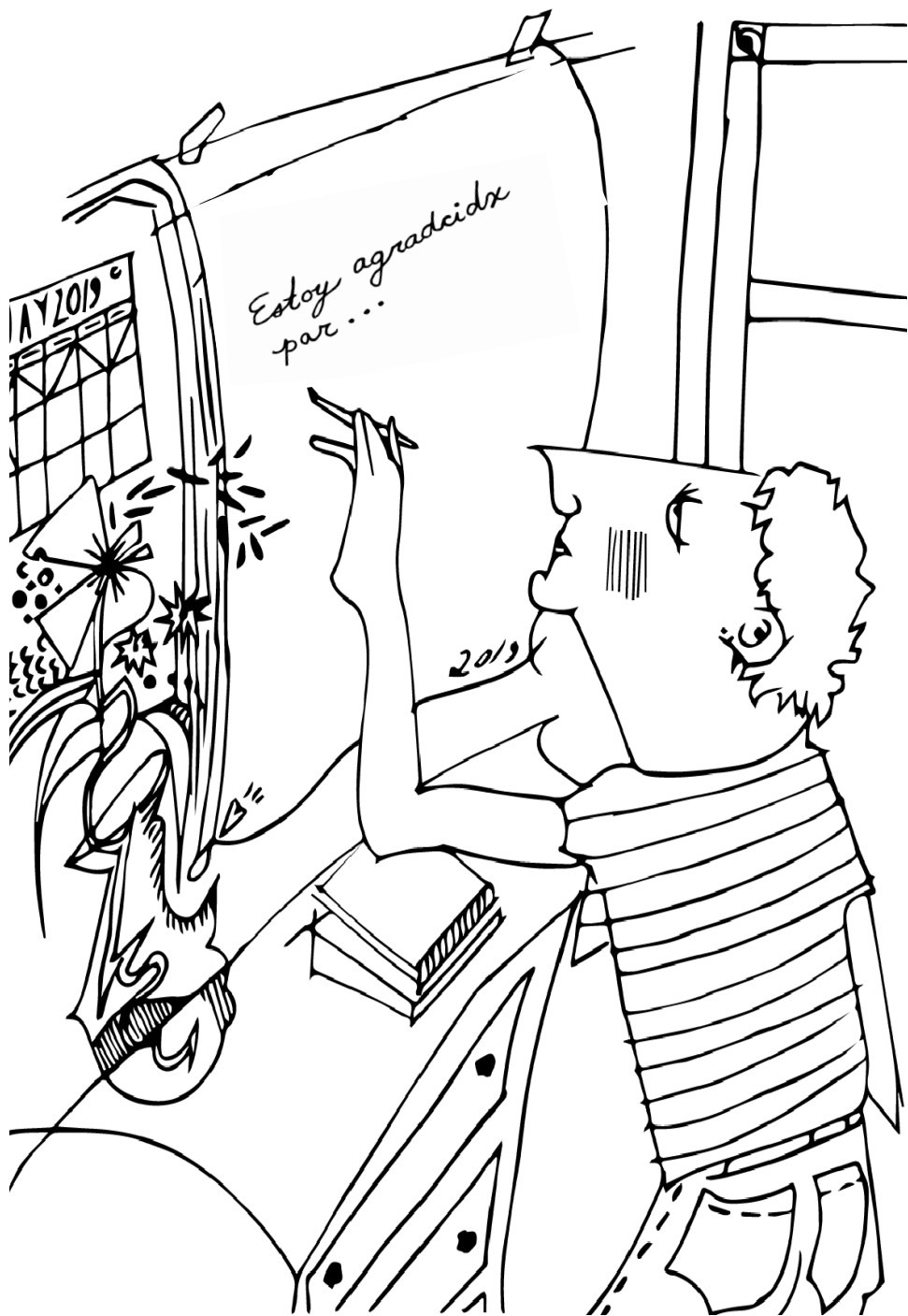


en roupa interior



Bebe un vaso de agua







Lee un Libro

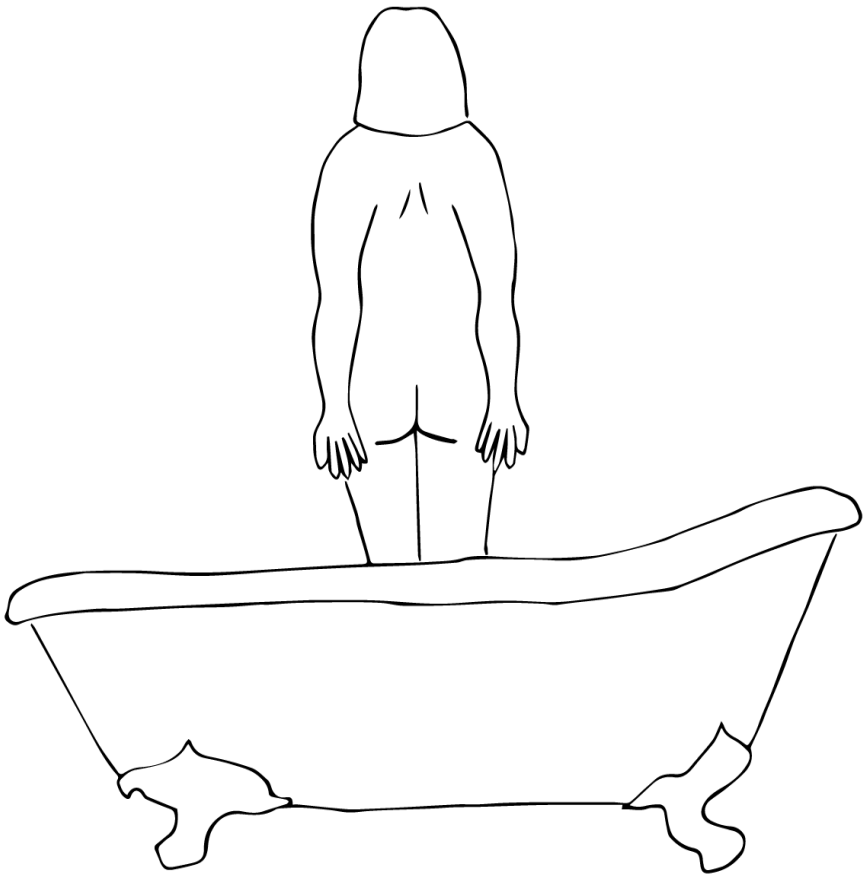




come algo rico



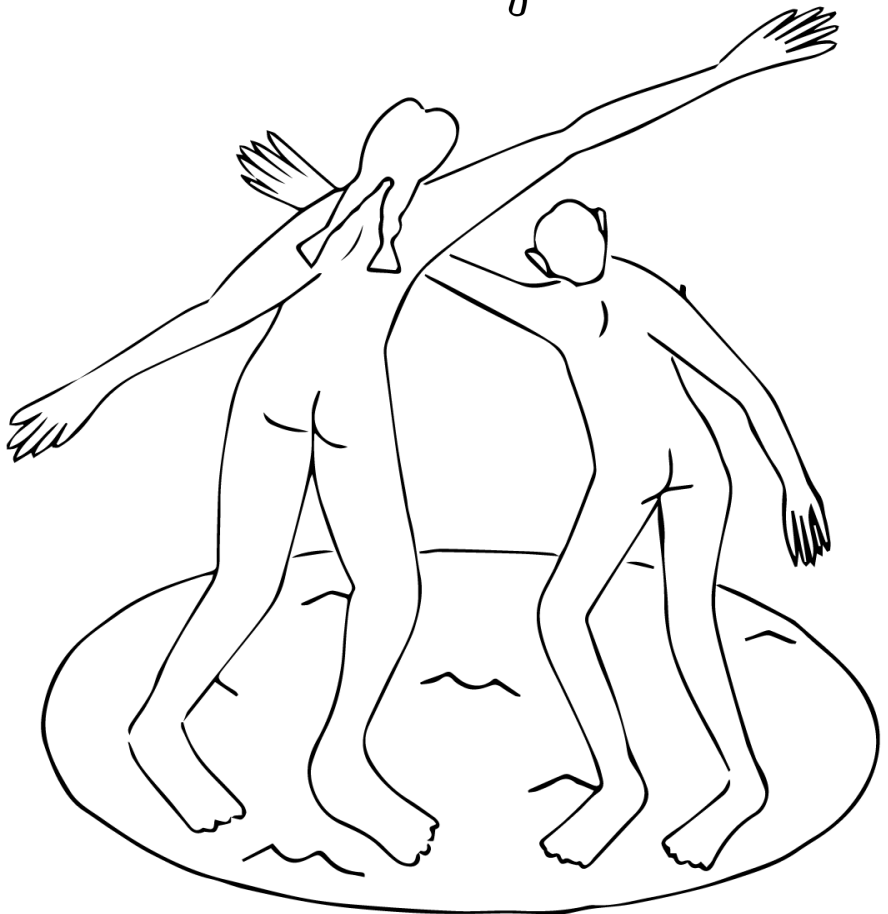
toma un baño

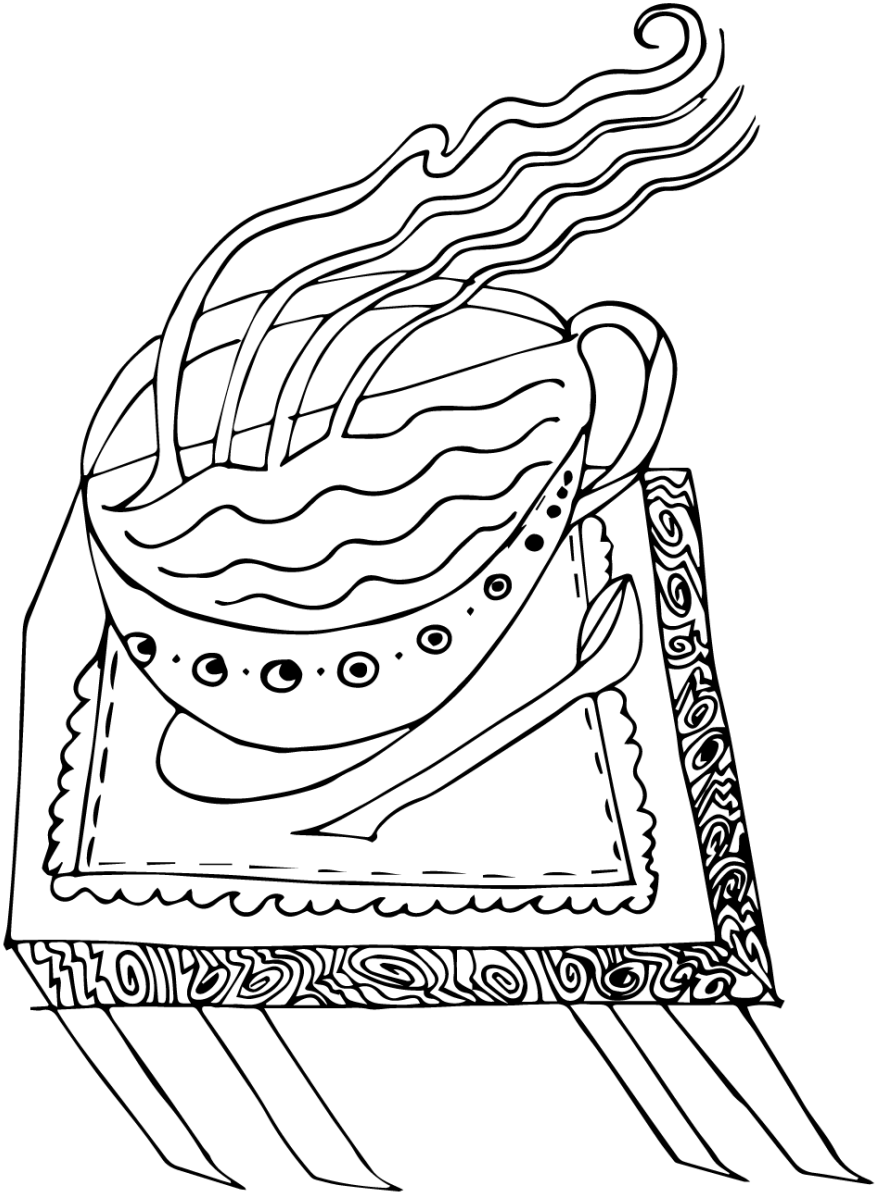




Brinca en

un estanque





Mira al cielo



en la noche



reflexionar...



A series of 15 horizontal, slightly wavy lines, intended for writing reflections.



EL
**MONU
MENTO**
DE
HISTORIAS

force upsetting rape culture