

It doesn't matter if other people judge you as lazy.



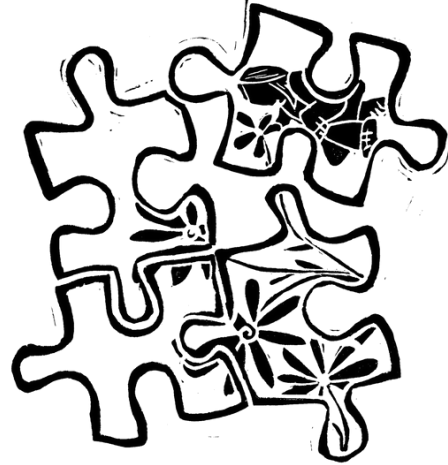
You don't have to prove your worth by being productive all the time.



You're allowed to rest before you're sick and exhausted.



If you take your foot off the gas, your whole life won't fall apart.



There is nothing you need to do to "earn" your right to rest.



Let's count down.
3-2-1... Rest.

Words

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Pictures

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from her book:
Ash & Feather

Gentle Reminders



for When You Are
Afraid to REST

MORE ZINES!

