

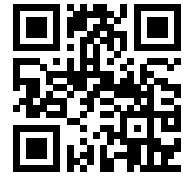
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**STARBUCKS®**

# Want You to Protect Your Mental & Physical Health



**SET  
BOUNDARIES**

**USE THE GIFT  
OF YOUR  
BREATH**

**CREATE A  
ROUTINE THAT  
WORKS FOR  
YOU**

**GO OUTSIDE**

**GRIEVE ON  
YOUR OWN TIME  
AND IN YOUR  
OWN WAY**

**STAY  
CONNECTED**

**TAKE A BREAK**

**CUT YOURSELF  
SOME SLACK**

**MANAGE YOUR  
ANXIETY**