



you are **stronger**
than you think

✓ *CHOICES IN*
CHILDBIRTH

A stylized illustration of a woman with long dark hair, wearing a brown top and an orange scarf, holding a baby. The baby is wearing a red top and a yellow hat. The illustration is rendered in a flat, minimalist style with muted colors.

I am powerful

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your body is
amazing

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Asking for help is
an amazing form
of **self-care**

be gentle
with yourself

breathe in **strength**
breathe out stress



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