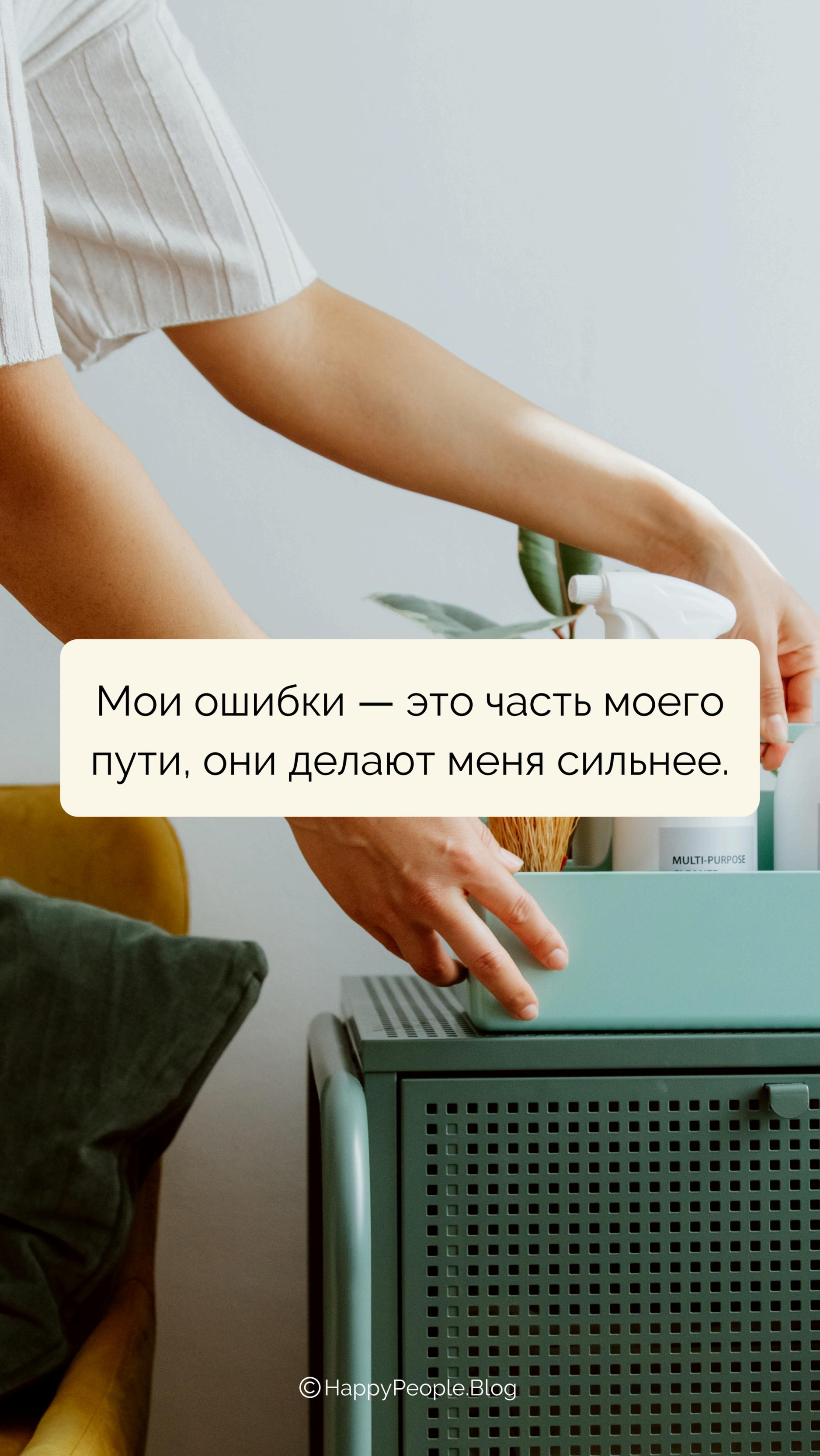
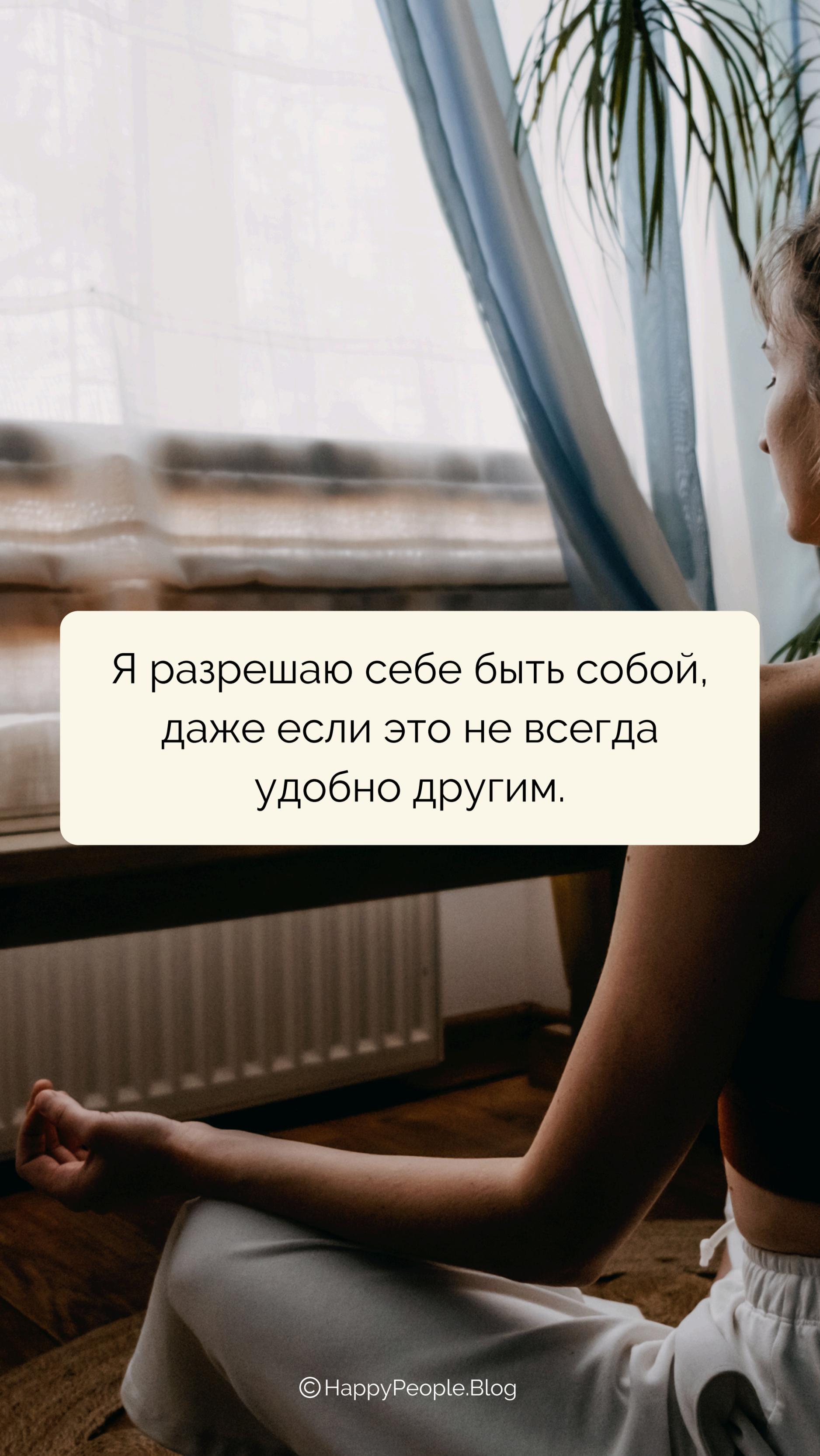
A close-up photograph of a woman's shoulder and arm. She is wearing a vibrant red, shaggy, fuzzy sweater. Her right arm is bent, with her hand resting near her shoulder. The background is a plain, light-colored wall. The overall mood is soft and intimate.

Я достойна любви и уважения,
просто потому что я есть.

A person's hands are shown organizing cleaning supplies on a green shelf. The person is wearing a white, short-sleeved, ribbed top. One hand is holding a white spray bottle, and the other is resting on a light green rectangular container. In the background, there is a potted plant with green leaves and a white container labeled "MULTI-PURPOSE". The scene is set against a light blue background.

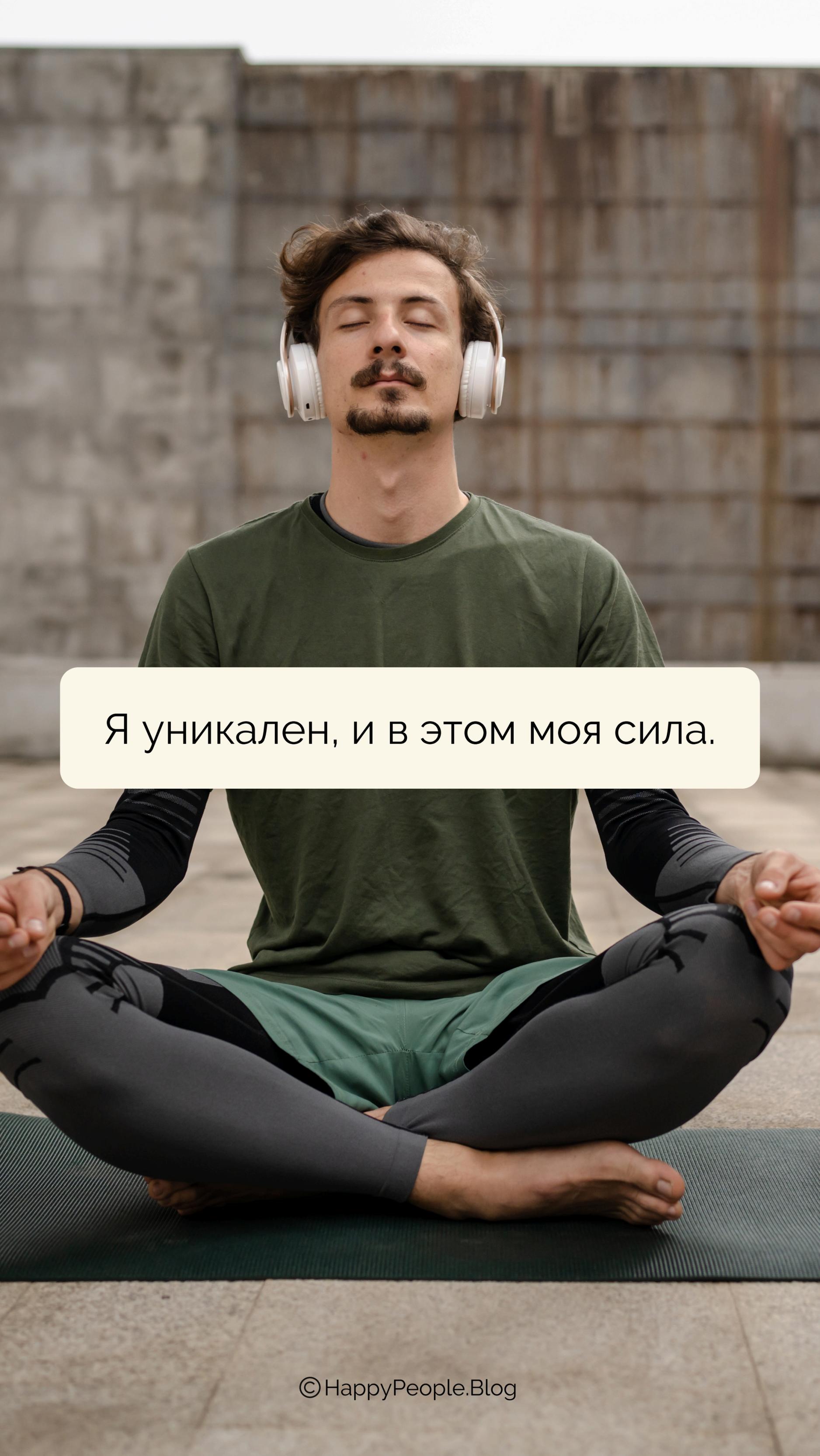
Мои ошибки — это часть моего пути, они делают меня сильнее.

A woman is shown in profile, sitting on the floor in a meditative pose. She is wearing a white long-sleeved top and white pants. Her hands are resting on her knees in a mudra. The background features a window with light-colored curtains and a potted plant with long, thin leaves. The overall atmosphere is calm and serene.

Я разрешаю себе быть собой,
даже если это не всегда
удобно другим.

SELF CARE TIME

Я заслуживаю заботы и
внимания, в том числе от себя.

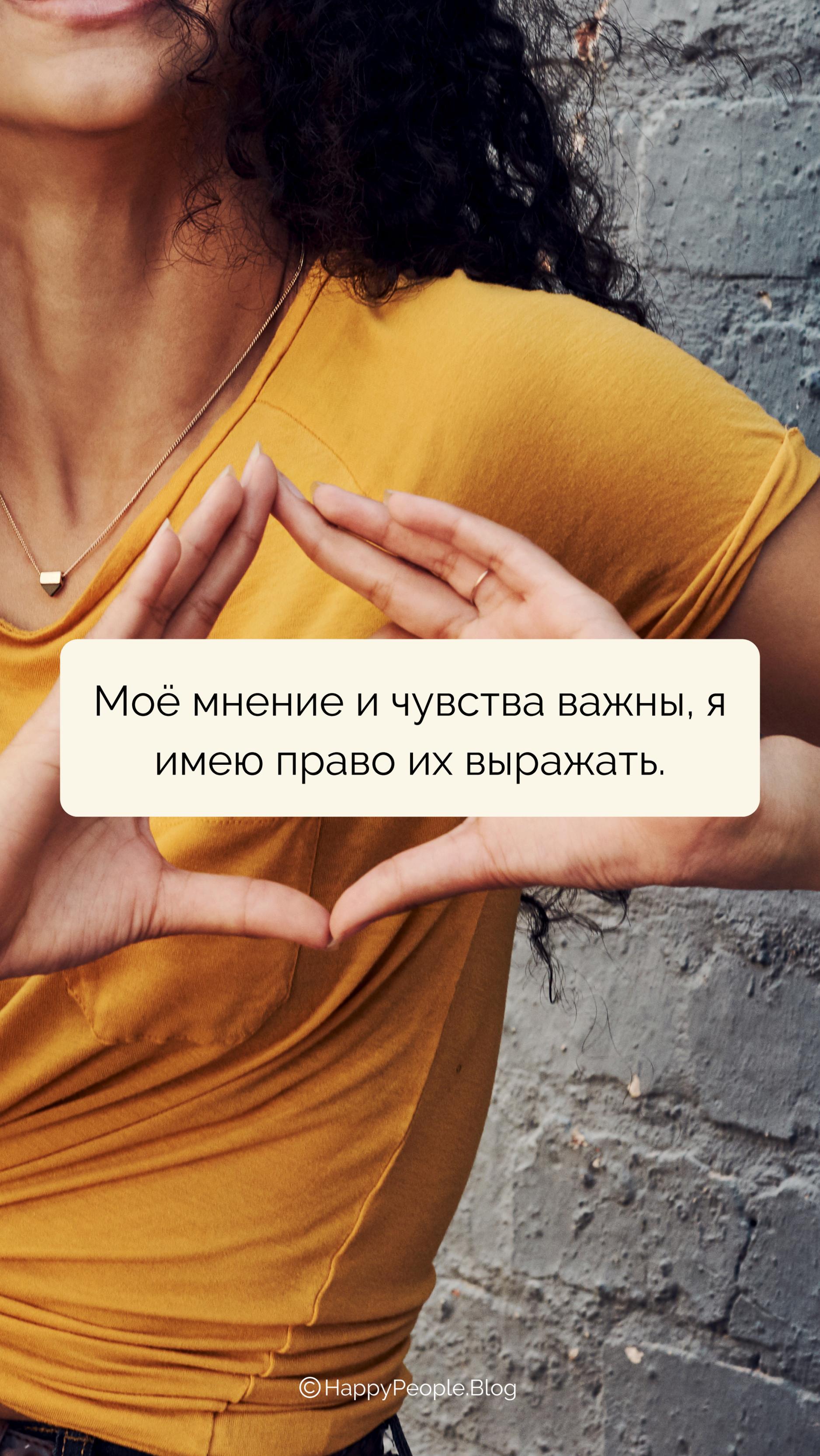


Я уникален, и в ЭТОМ МОЯ СИЛА.

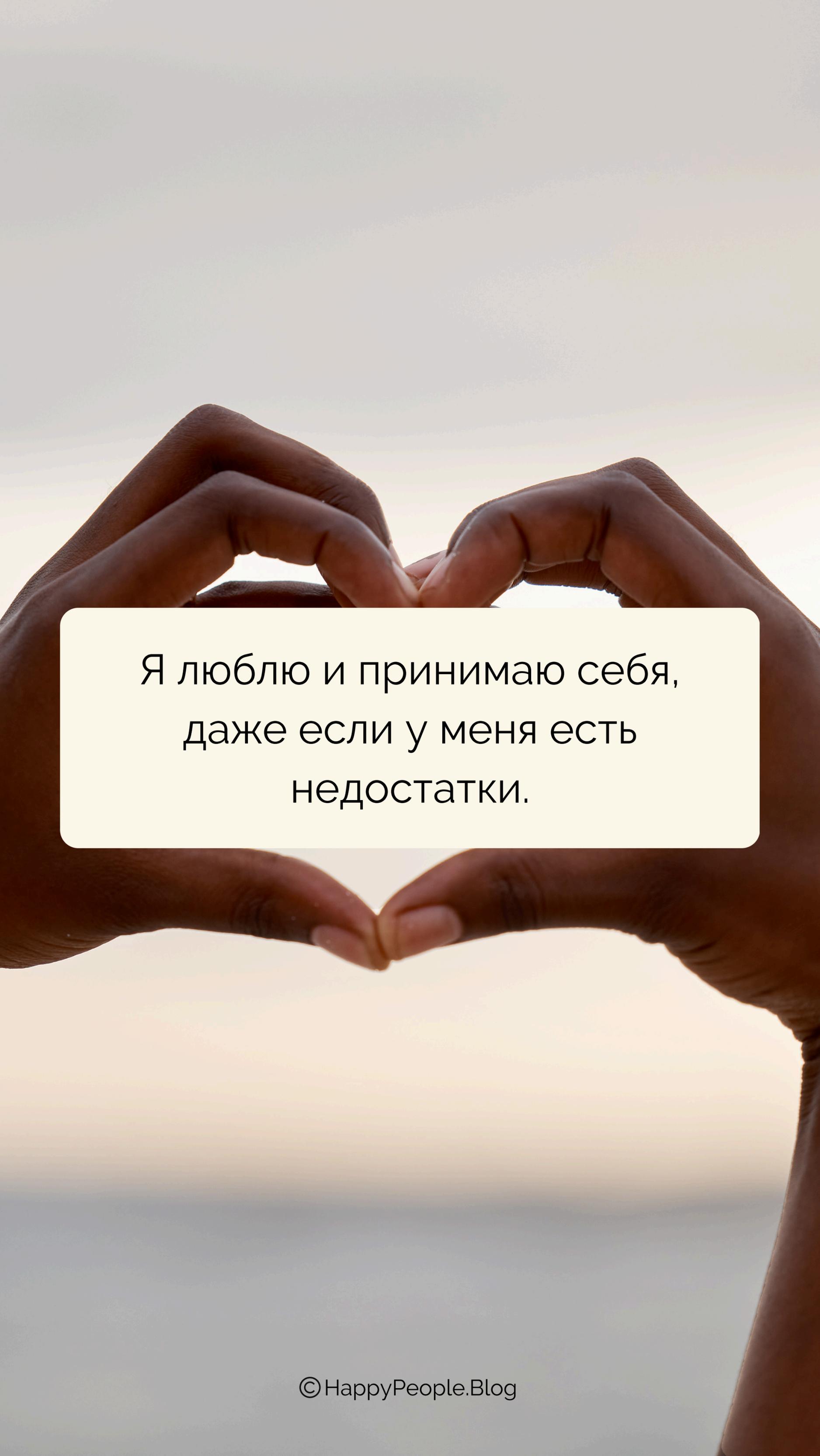


Каждый день я делаю всё, что могу, и этого достаточно.



A close-up photograph of a woman with dark, curly hair. She is wearing a bright yellow, short-sleeved top and a thin gold necklace with a small square pendant. Her hands are raised in front of her chest, with fingers slightly spread, as if she is expressing something or gesturing. The background is a textured, grey stone wall.

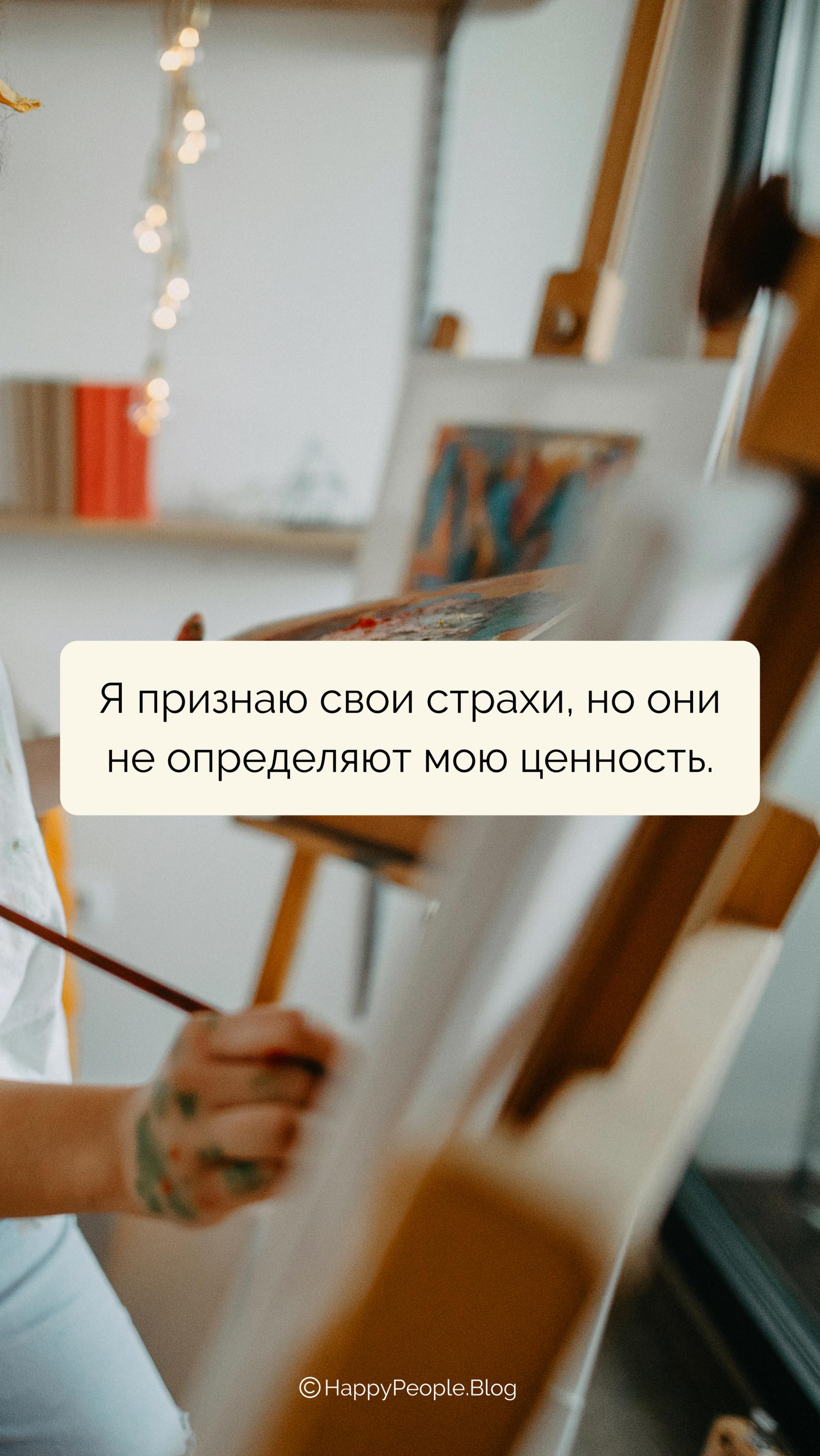
Моё мнение и чувства важны, я
имею право их выразить.

A close-up photograph of two hands, one from the left and one from the right, with fingers curled to form a heart shape. The hands are dark-skinned. The background is a soft, out-of-focus sunset or sunrise over a body of water, with warm orange and yellow tones. A white rounded rectangle is centered over the heart shape, containing text.

Я люблю и принимаю себя,
даже если у меня есть
недостатки.

A woman in black lace lingerie is performing a yoga pose in a studio. The background is filled with large, circular bokeh lights. In the foreground, a small, light green ceramic vase sits on a dark wooden table, containing a single white carnation flower and a green bud. A semi-transparent white text box is overlaid on the image.

Я ценю своё тело и благодарю
его за всё, что оно делает для
меня.

A person is painting on a canvas in a studio. The scene is softly lit with warm, bokeh-style string lights in the background. The artist's hand, holding a paintbrush, is visible in the foreground. The canvas shows a colorful abstract painting. The overall atmosphere is creative and serene.

Я признаю свои страхи, но они не определяют мою ценность.