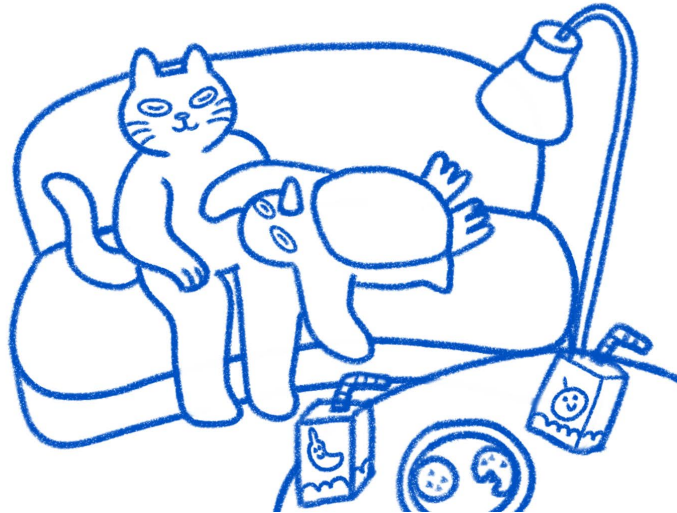


Or all the afternoons we passed, doing absolutely nothing.



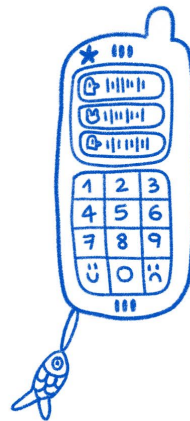
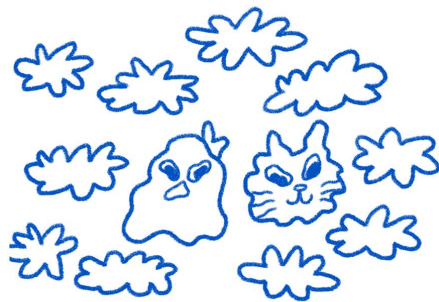
But they were special nonetheless, because I passed them with you.

I don't know when we'll see each other next. But I am sure it will be just as the last time we were together.



DEAR FRIEND

by Yasmin Bernart



It has been a while. Adult life is busy, weekends are rare, but I want you to know that I am thinking of you every day.

When I listen to your voice messages on my way to work, it brightens up my day, and it makes me think of all of our adventures.



Like our 'fancy dinners' that always ended with us jamming, laughing and dancing as if there were no tomorrow.

A while ago I read the book Kim Jiyoung born in 1982. It tells the story of the life of a Korean woman.



Moreover, it is laying out the hardships that she faces, simply because she is a woman.

I feel society tends to put feminism too much into boxes. We often generalize what is considered feminist and what is not. Sometimes we even point angry fingers on another when we disagree.



However, it is not that simple, since feminism is a complicated topic that is build from many puzzle pieces.

This story deeply touched me. I do not live a life like Kim, I am part of a later generation, come from a differnt culture and yet there are parts in the novel that I feel to be present here in Europe too.



I hear stories of friends, of relatives, of strangers, and in each of these I can find a piece of Kim Jiyoung.

What feminism is and what it is not is a question of the perspective.



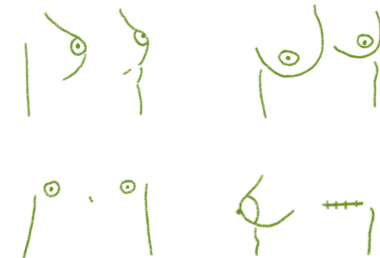
We may not all agree on everything, but that is okay too.

Thinking about Kim, I wondered what really is feminism. And what is its meaning ...



To me, to my friends, to strangers...

Feminism comes in different shapes and sizes. Each of us has their own interpretation that is unique and beautiful on its own terms.



Imagine a world where everyone would just think the same way that would be pretty boring too, would it not.



HOW TO TAKE BREAKS, EVEN WHEN OTHERS DO NOT.

by Yasmin Bernart



Put your phone in another room and read a book. Get inspired by new worlds. Stimulate your imagination. Learn something new. And get rid of the buzzing in your head.



Go hug a tree. Not only does it feel good. But it is also less awkward than hugging a human.

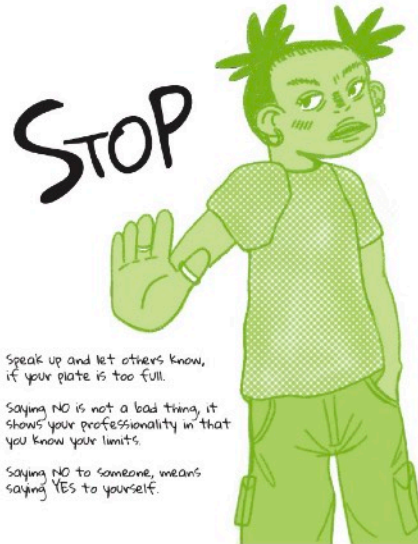


Brainfry is a real thing. If you do not give your brain some pause, it cannot refresh and will not work efficiently.



Reduce your screen time. We are constantly exposed to endless information. Our brains are not made to handle all of this.

Sometimes it is good to simply switch off, to give our brain some air.



Speak up and let others know, if your plate is too full.

Saying NO is not a bad thing, it shows your professionalism in that you know your limits.

Saying NO to someone, means saying YES to yourself.



Pet your dog. Or your cat. Or your neighbours goldfish. Or your favourite plush animal.

Interacting with animals can reduce stress, reduce loneliness and boost your mood.



Go for a walk. Even if it is just for a tour around the block, the change of location will bring your mind to focus on something else.

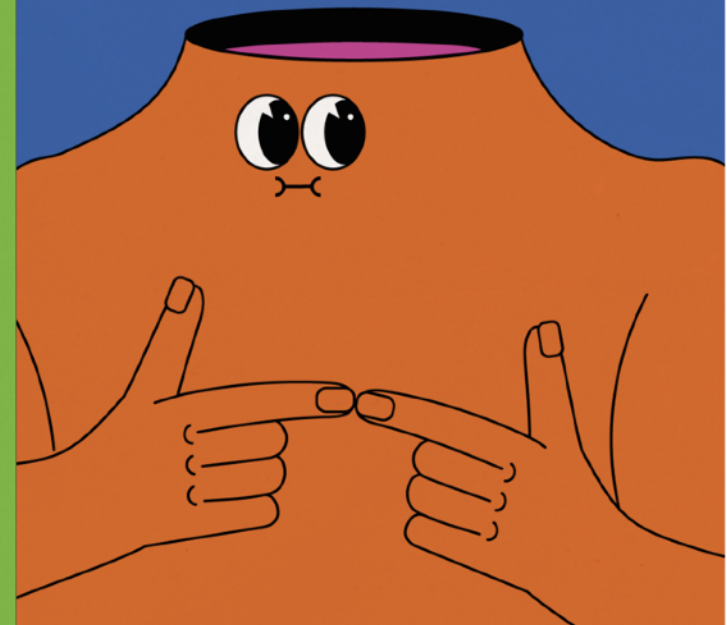
Postcards

**I CAUSE
CONSTIPATION.**



**SEE
YOU.**

I AM SHY.



Stickers



Lucky Knots

