

A woman with blonde hair, wearing a white long-sleeved top and grey pants, is sitting on a light-colored couch. She is smiling and looking down at a black journal she is holding open on her lap. She is holding a black pen in her right hand, ready to write. The background is a bright, slightly blurred indoor setting.

BEGINNERS GUIDE TO JOURNALING & MENTAL HEALTH

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Mental Health For Beginners

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