

Twitter Thread by Monarch ■ | Rational Advice



Monarch ■ | Rational Advice

[@MonarchPsyche](#)



7 honest quotes on self care.

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That's it for this thread. Hope you learned something of value from it.

If you did, you can:

1. Follow me [@MonarchPsyche](#) to get 1% better everyday.

2. Retweet the first tweet below to share this thread.

Stay Grindin' ! <https://t.co/Gcro9tIL7m>

7 honest quotes on self care.

1. pic.twitter.com/zzoyQBQOSG

— Monarch \U0001f6e1 | Rational Advice (@MonarchPsyche) [August 26, 2022](#)