



EAT
SLEEP
ADAPT
REPEAT



The graphic features a teal border. At the top, a dark blue curved arrow points from right to left, with a small heart on the right side. Below this, the words 'EAT' and 'SLEEP' are written in a blue, hand-drawn font. A dashed black line curves around the words 'SLEEP' and 'ADAPT'. The word 'ADAPT' is written in a teal, hand-drawn font. Below 'ADAPT', the word 'REPEAT' is written in the same blue, hand-drawn font. At the bottom, a dark blue curved arrow points from left to right, with a small heart on the left side.

Occupational Therapy