

**Addictive
Distractions**

A vertical orange rounded rectangle containing seven white, teardrop-shaped boxes for writing, arranged in a column. Each box is connected to the central octopus by a thin grey line.

**Resilience
Connections**

A vertical orange rounded rectangle containing seven white, teardrop-shaped boxes for writing, arranged in a column. Each box is connected to the central octopus by a thin grey line.

