UNPLUG N' BOOST

2-Weekly Mental Survival Guide for Gen-Z
curated by Arsha Dhore & Naomi Timmermans

SHOP THIS LOOK

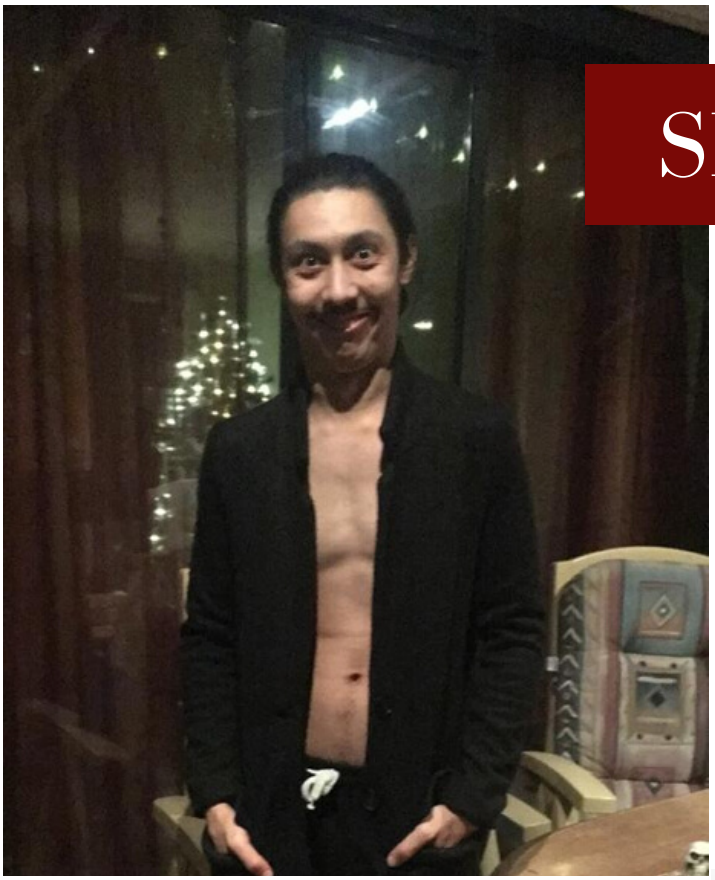
You're simply the best! Confidence Power Pose: shoulders back, chin up, heart open. Titties up or dick out. Lift yourself up like presenting yourself as Royal and say a mantra: I can do this, I'm the best!

SUMMER BLUES

Allow yourself to fall deeply in love with your eyes closed. 1. Commit to caring for yourself: invest more time, money, energy into you. 2. Play your range: be real & authentic about your life, your hopes and dreams. Be vulnerable!

TOO TRENDY!

Tiger King! Cut the crap. Wanna do something wild? Be indulgent, travel (during quaran-time from one room to the other), make your own VR movie, destroy cities, anything is possible.



SHOW STOPPER

We want the one & only, the right person, the perfect relation. The one who has it all and a pretty face to make you happy.

Holy crap, that's a lot! Know where to start? Why not start with yourself first: Be the one who makes you happy!

Stop finding the right person: be the right person!

YAY OR NAY? >

Quaran-time. Corona shit. No haircut. Feeling bored? Go bald. I dare you, coward. Just do it! Be Brave, Be Bald!

WORK THAT FRO

Do you have the guts to fail? If you've never failed, you've never tried. So get out there. Give it your time, talent, take risks, experience, fuck the rules, make mistakes & have fun. That's being creative, essential part of daring to fail!