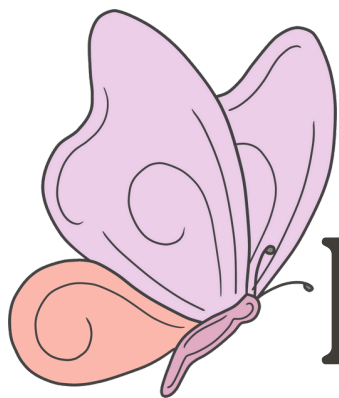
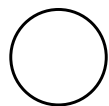
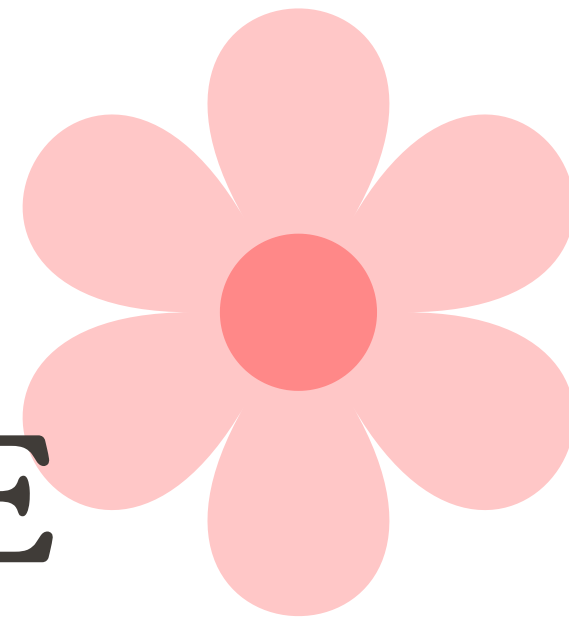
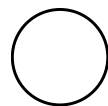




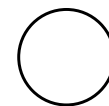
PHYSICAL SELF-CARE



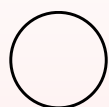
REGULAR EXERCISE



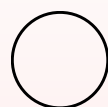
ADEQUATE SLEEP



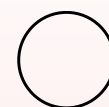
READ A BOOK



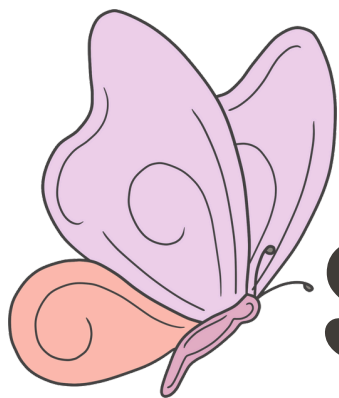
DO SKINCARE
ROUTINE



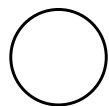
LEARN A NEW SKILL



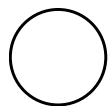
EAT NUTRITIOUS
FOOD



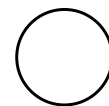
SPIRITUAL SELF-CARE



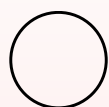
TRY TO STAY
POSITIVE



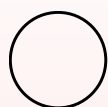
SCHEDULE
"ME TIME"



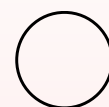
PRACTICE
MEDITATION



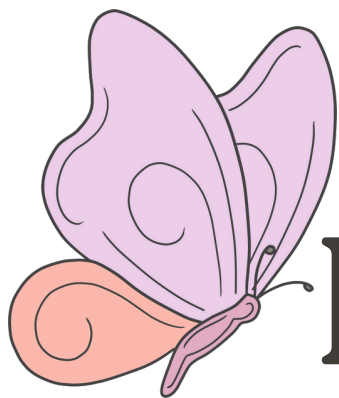
PLAN YOUR DAY



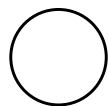
CONNECT WITH
NATURE



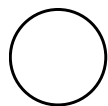
ACTS OF SERVICE



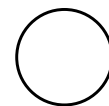
EMOTIONAL SELF-CARE



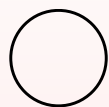
JOURNAL



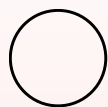
GO FOR A WALK



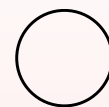
SELF-COMPASSION



SET HEALTHY
BOUNDARIES



SPEND TIME WITH
FAMILY



SPEND TIME WITH
FRIENDS