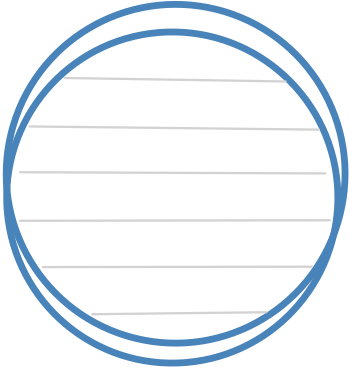
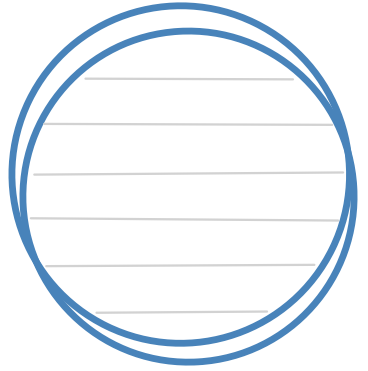


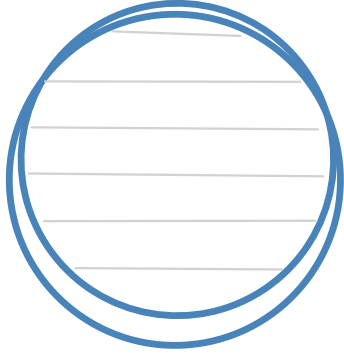
# Self-Care



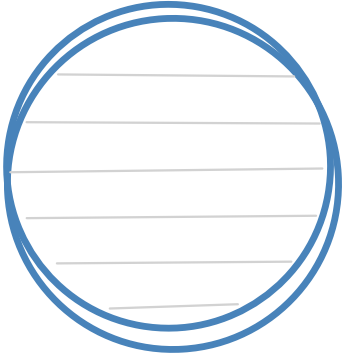
Mentally



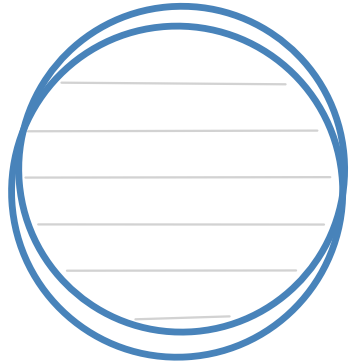
Emotionally



Physically



Spiritually



Socially