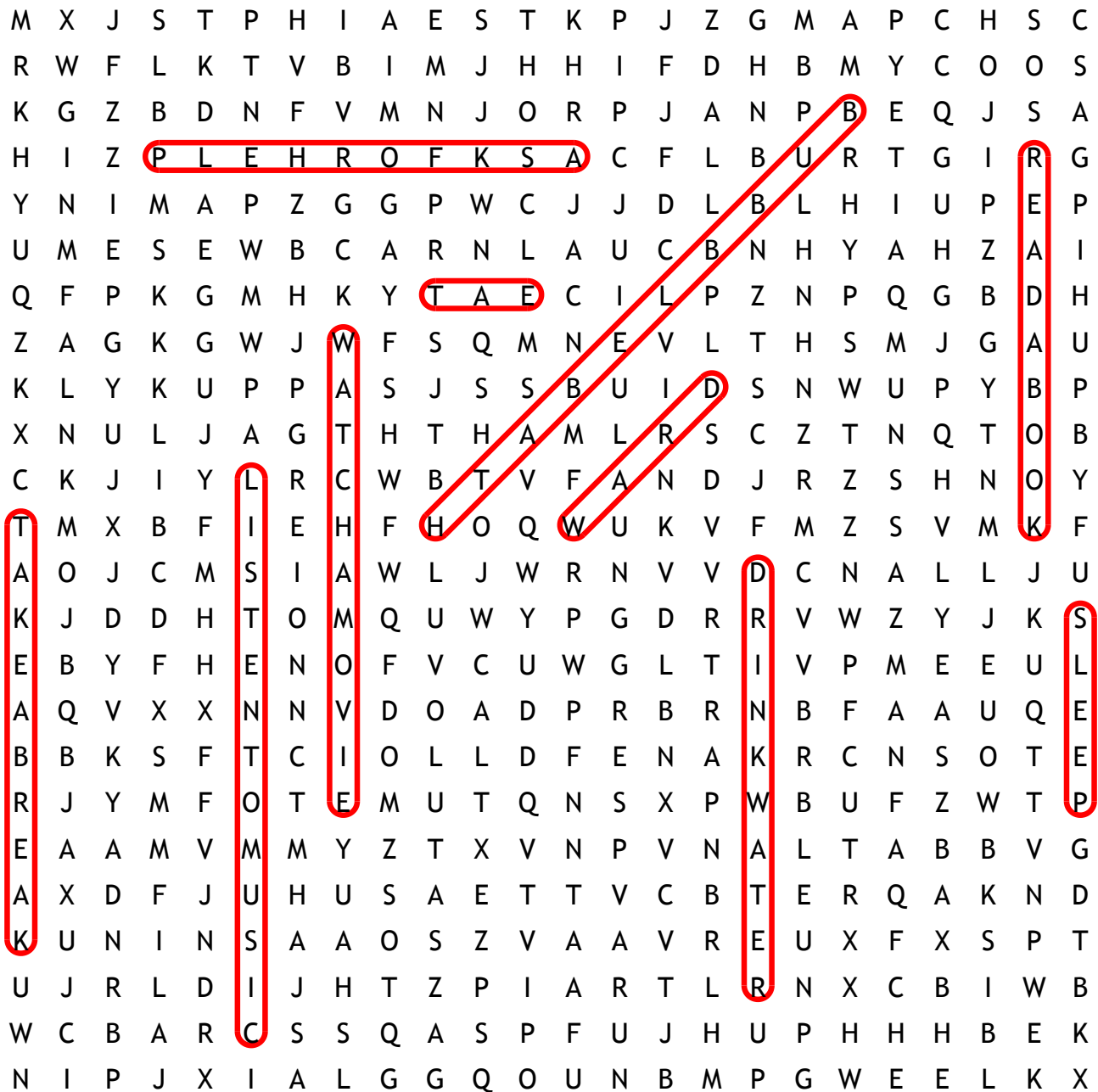


Self Care



listen to music

watch a movie

ask for help

take a break

read a book

bubble bath

Drink water

Sleep

draw

eat