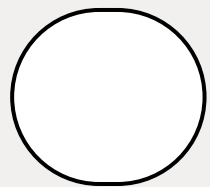
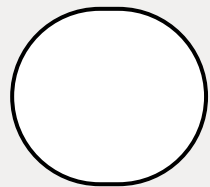


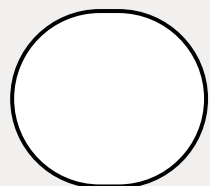
# SELF-CARE CHECKLIST



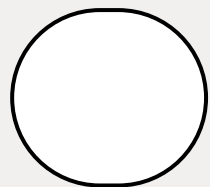
Stress Management



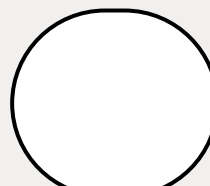
Mindful Breathing



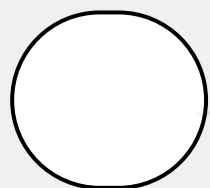
Avoid Toxins - alcohol / drugs



Good Sleep Quality



Exercise



Make Space for Space - Take a Break

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