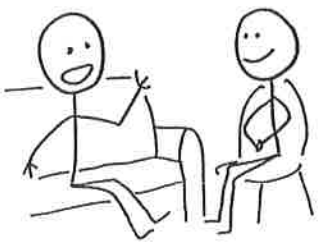


SELF-CARE

Activities that help you find meaning, and that support your growth & groundedness

GOING TO THERAPY



NAPPING

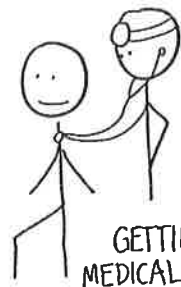


EATING WELL FOR YOUR BODY



MEDITATING

TAKING OWNERSHIP OF YOUR FINANCES



GETTING MEDICAL CARE



MASSAGE

EXERCISE



Saying YES and NO when you really mean it



YOGA



SETTING & KEEPING! BOUNDARIES