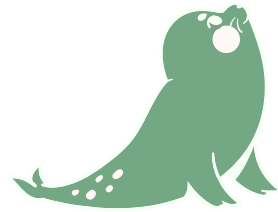


WEEK OF SELF-CARE

BINGO



Appreciate
the little things



Daily meditation



Keep a journal



Get enough sleep



Compliment yourself



Stay hydrated



Talk positive



Eat healthy



Daily exercise