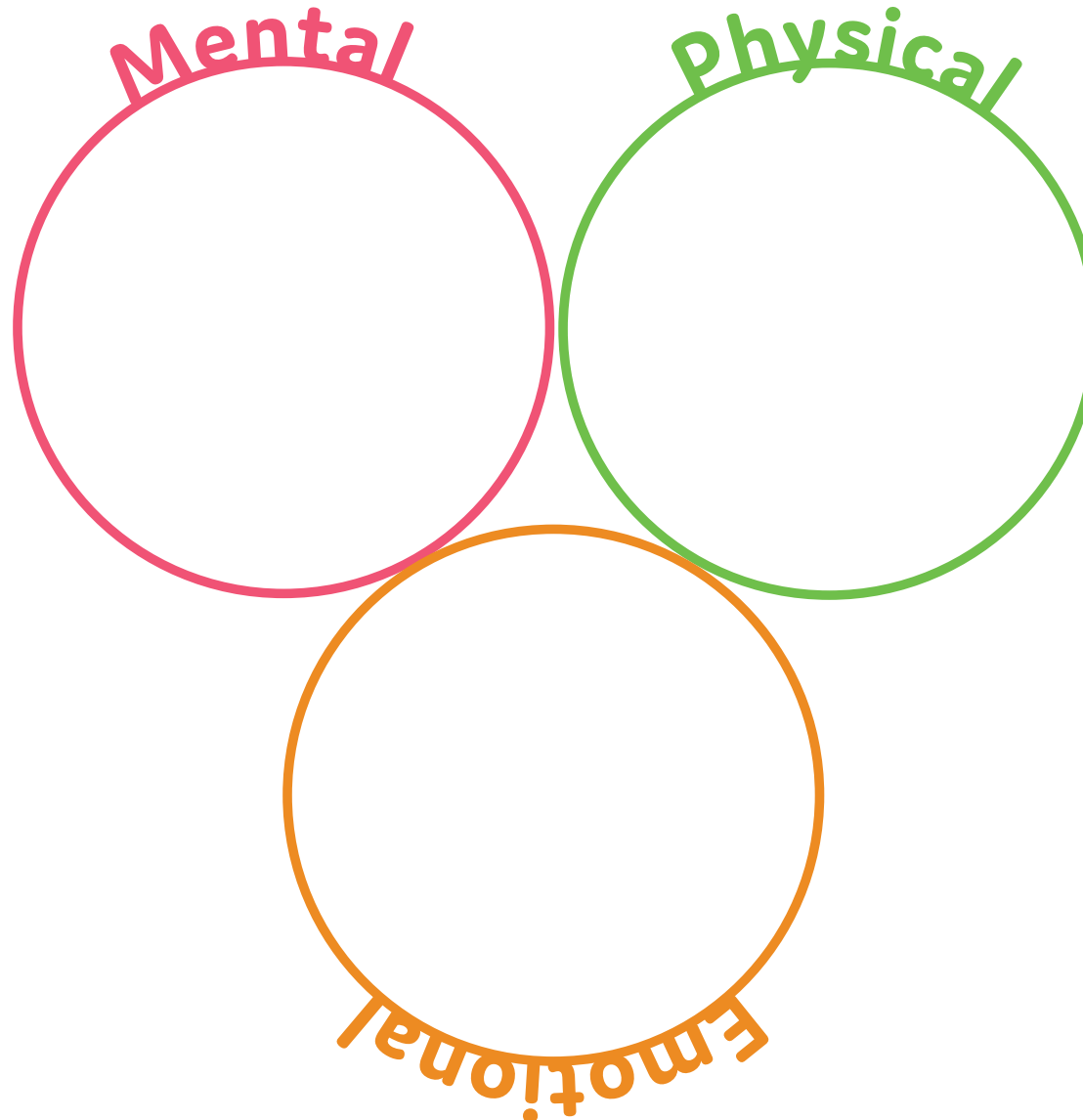


Self-care tips you like

Your stress triggers

- 1.
- 2.
- 3.
- 4.
- 5.



Goals to improve your self-care

- 1.
- 2.
- 3.
- 4.
- 5.