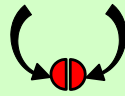


Self-Care Tips



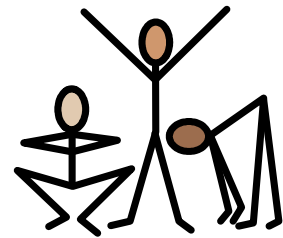
By looking after yourself, it makes it easier to



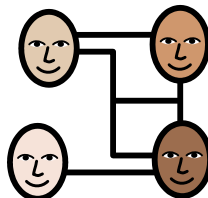
stay healthy and happy.



Drink water



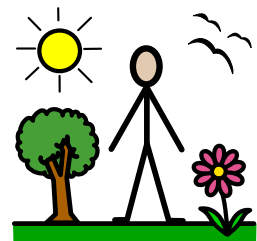
Move your
body



Stay
connected



Give yourself
a break



Get some
fresh air

How do you take care of yourself?