

Forms of Self-Care

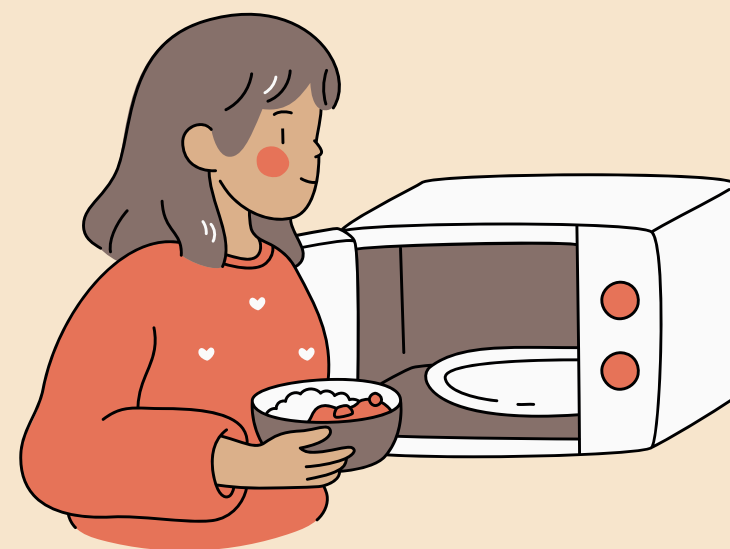


Listen to your favorite music playlist.

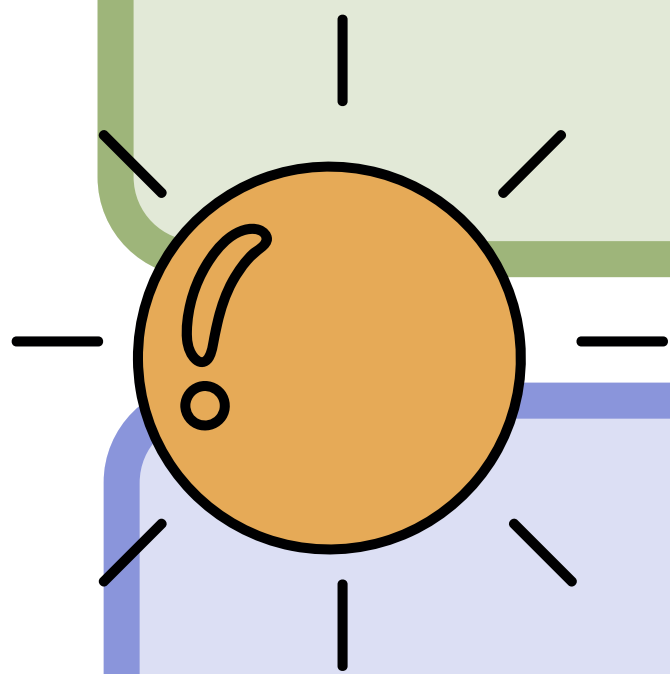
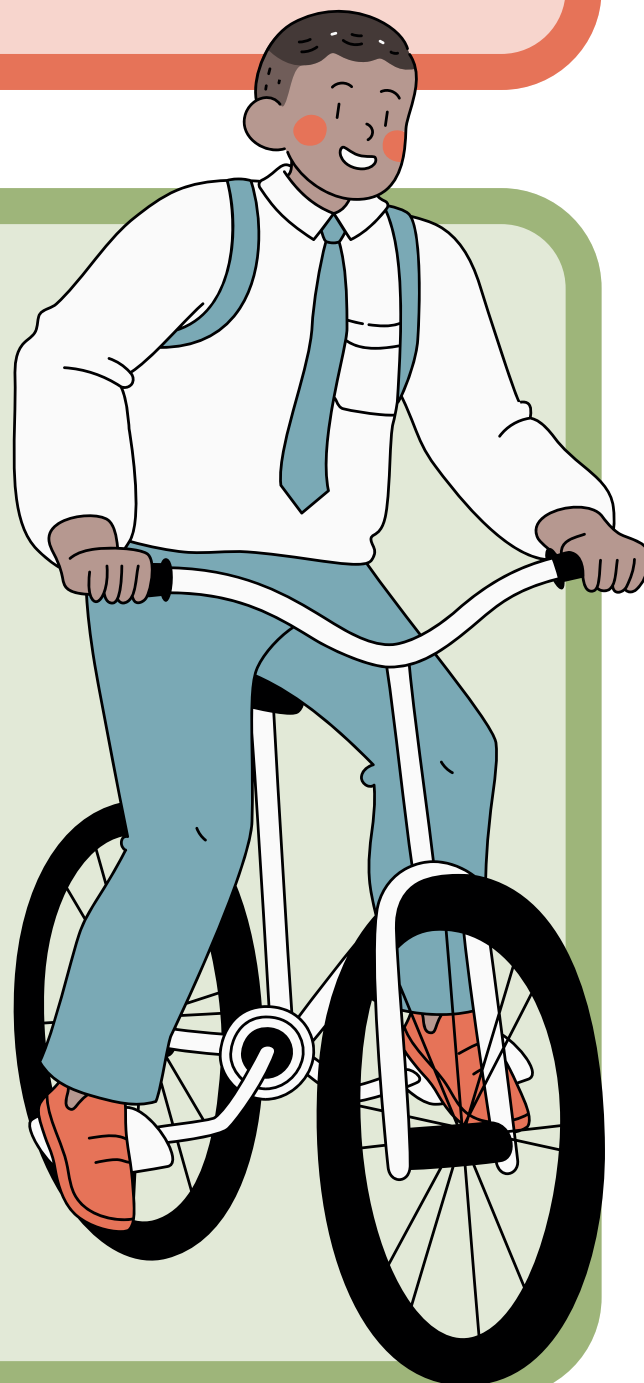


Catch up on a book you're reading just for fun.

Eat foods that make you feel good.



Ride your bike!



Enjoy the sunshine and fresh air.



Take care of your plants.

