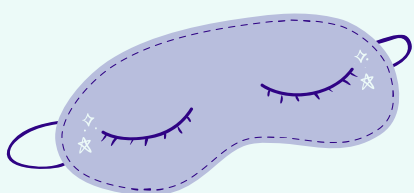


WAYS TO PRACTICE Self care



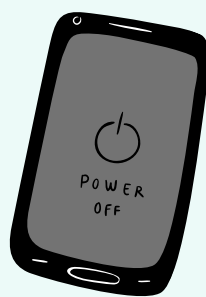
Get 8 hours of
sleep



Light a
candle and
relax



Skincare,
facemask, or
mani/pedi



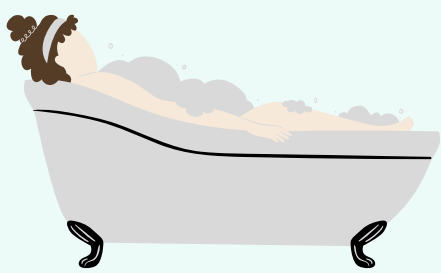
Unplug
for a couple
hours



Write in a
Journal



Reflect on
your dreams



Take
a bubble
bath



Doing
Exercise