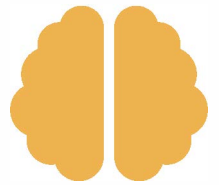


Self-Care Tips

1. Practice Mindfulness

Take time for yourself with intention; focus your breath or take a walk.



2. Stay Active

Develop a workout routine.



3. Engage in Self-Reflection

Check in with yourself and connect to your emotions.

