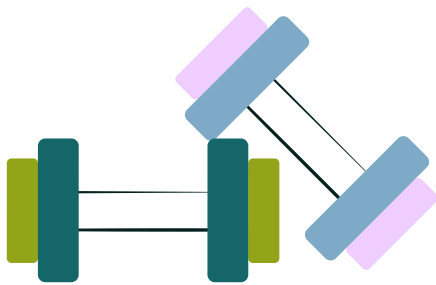


5 simple ways to take care of your personal well-being



MEDITATION



EXERCISE



NUTRITIOUS MEAL



WARM SHOWER



GRATITUDE JOURNAL