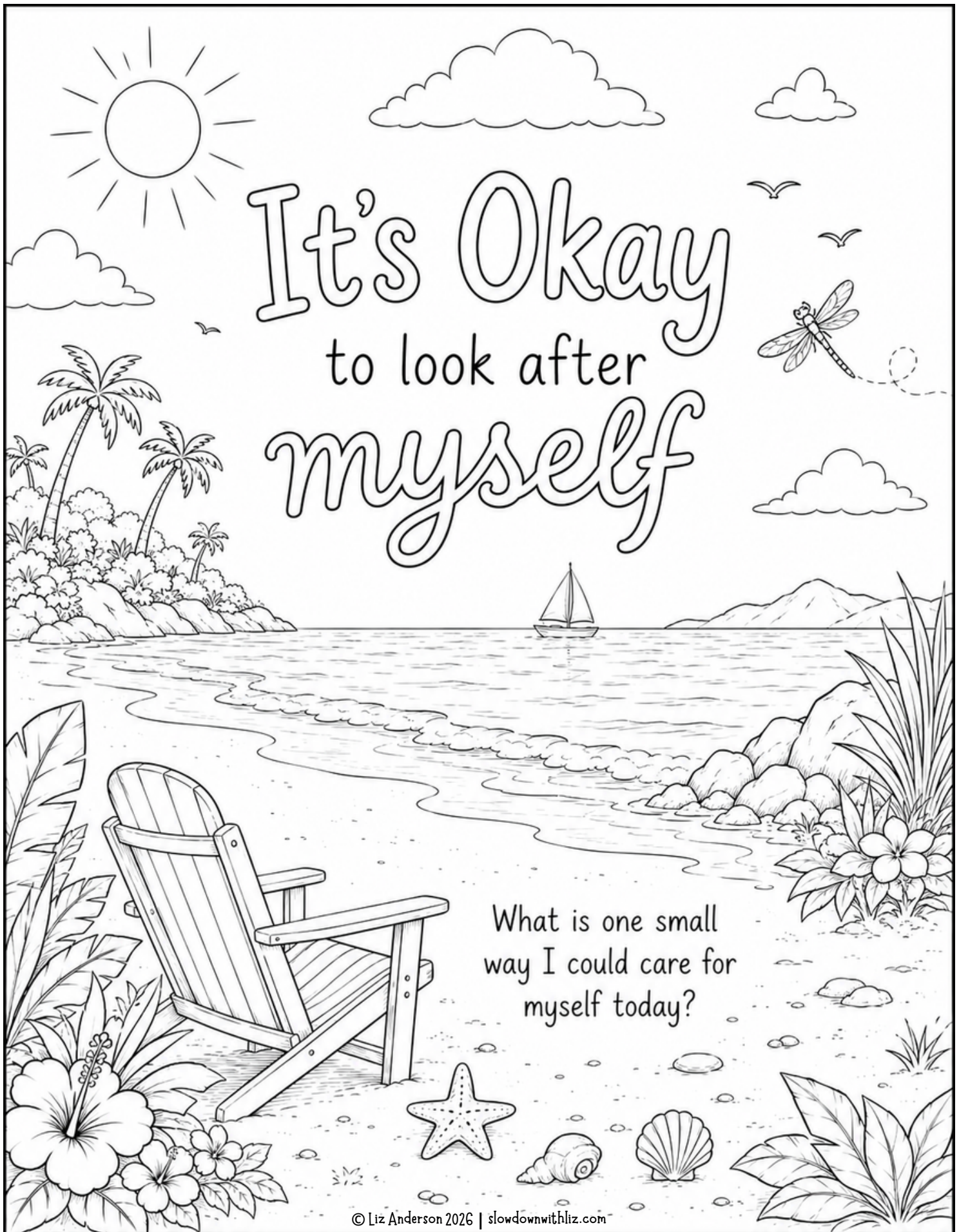




It's Okay to look after *myself*

What is one small
way I could care for
myself today?