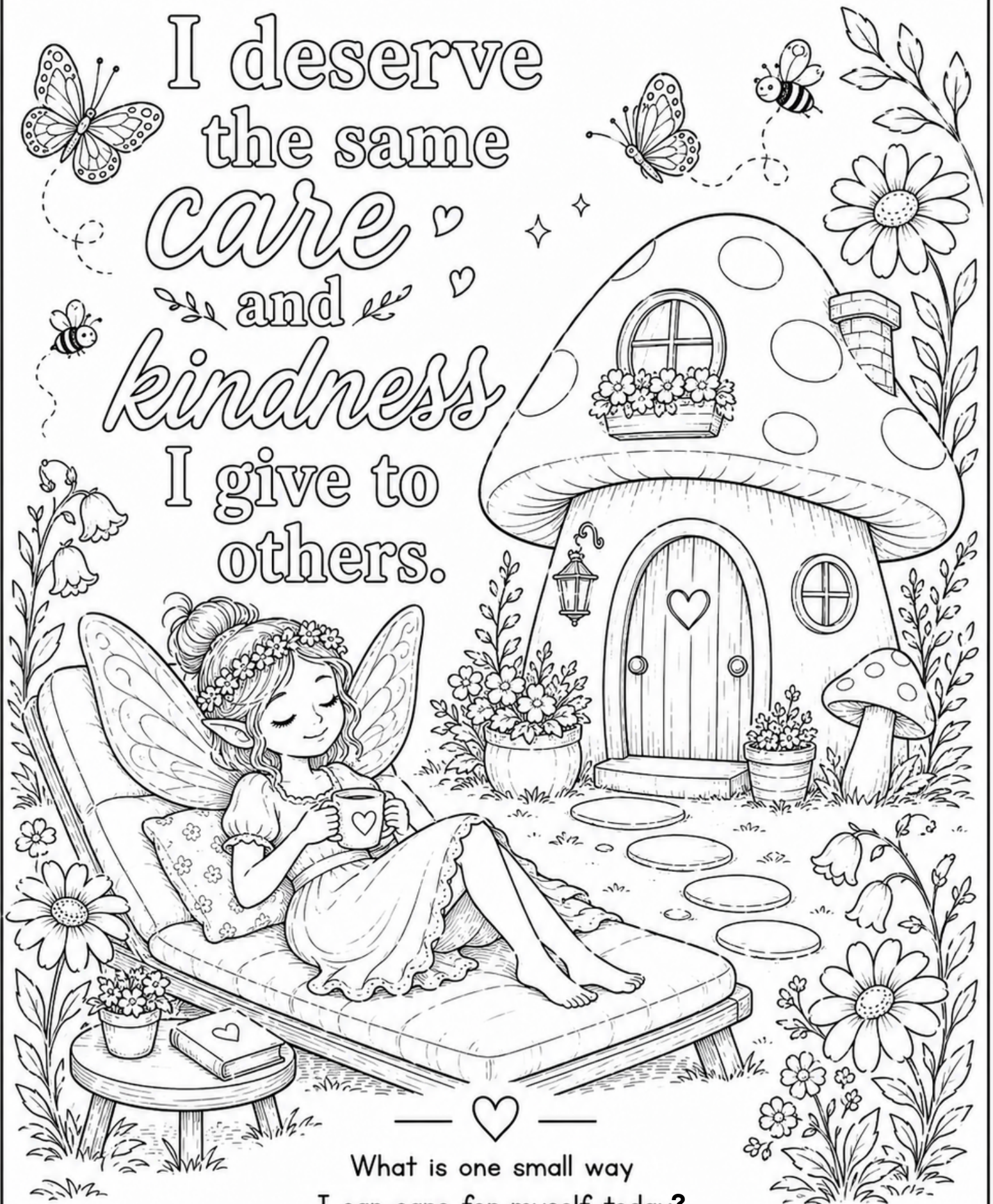


I deserve
the same
Care and
kindness
I give to
others.



— ♥ —
What is one small way
I can care for myself today?