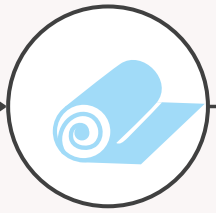
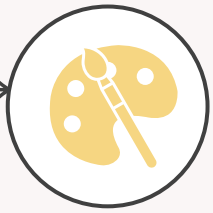
Self-Care

I NEED...

PHYSICAL



MENTAL



EMOTIONAL

SOCIAL

SPIRITUAL