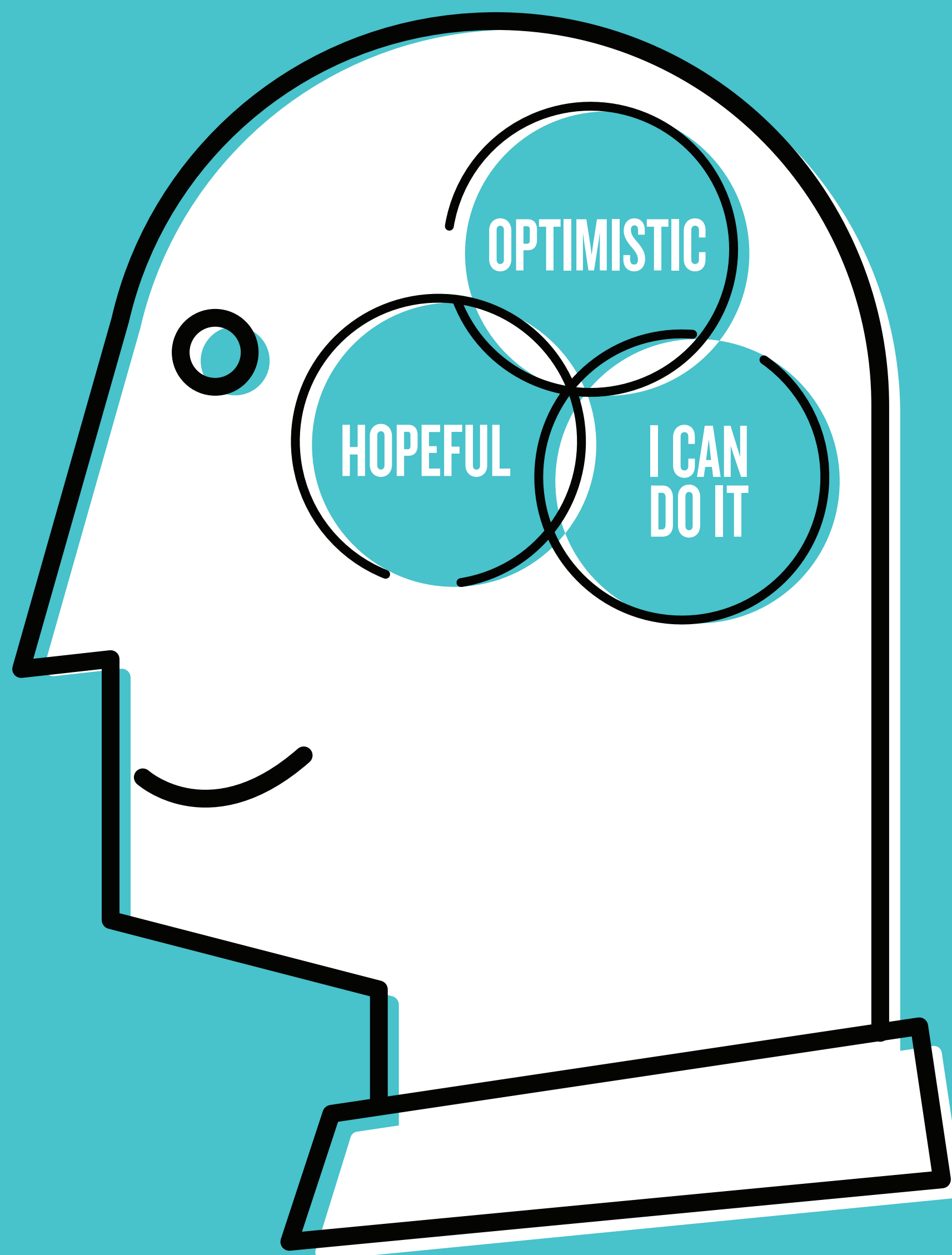


SELF-CARE

Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.



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