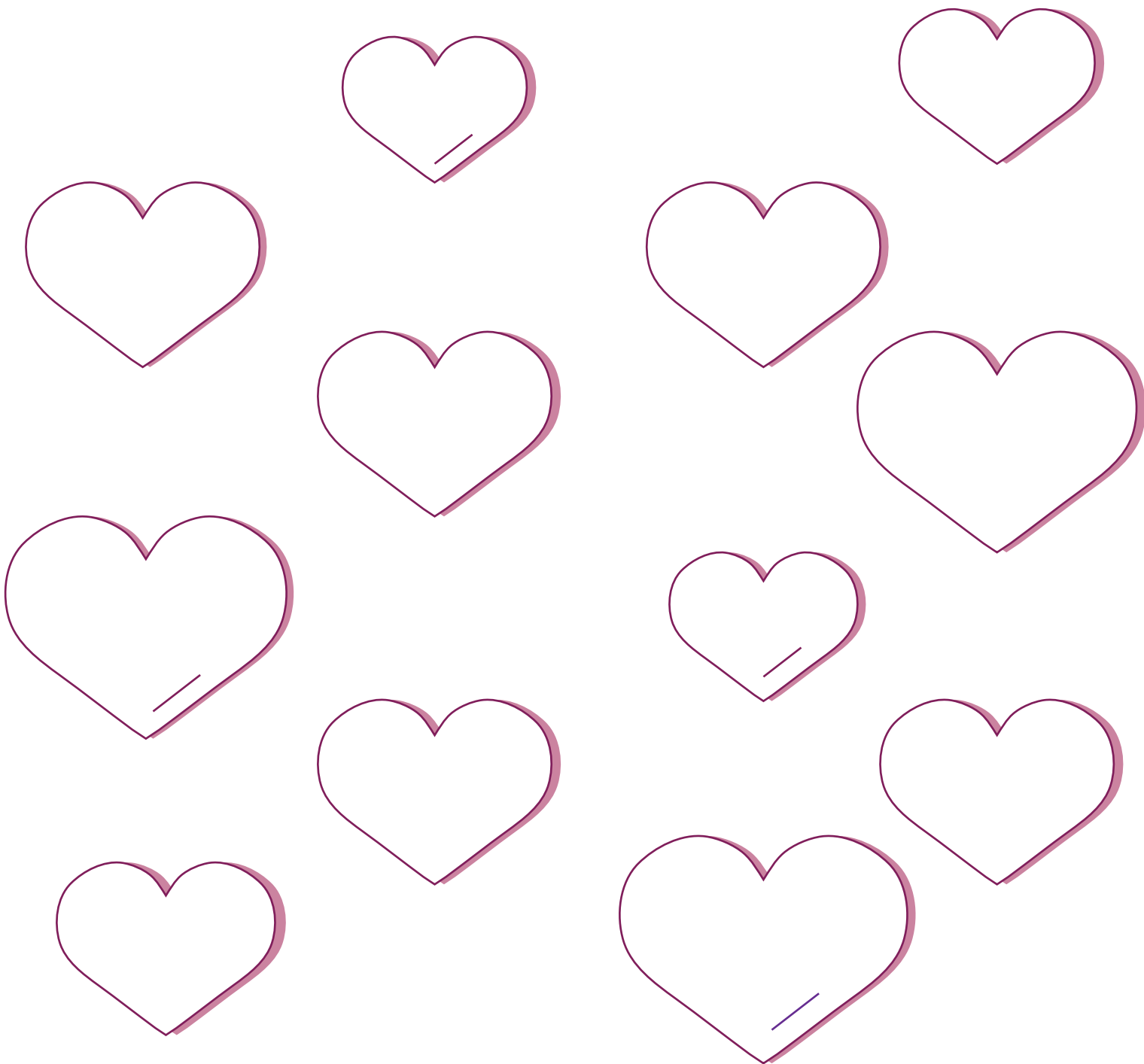


self-care IDEAS



*"you are worth whatever
amount of time you need"*