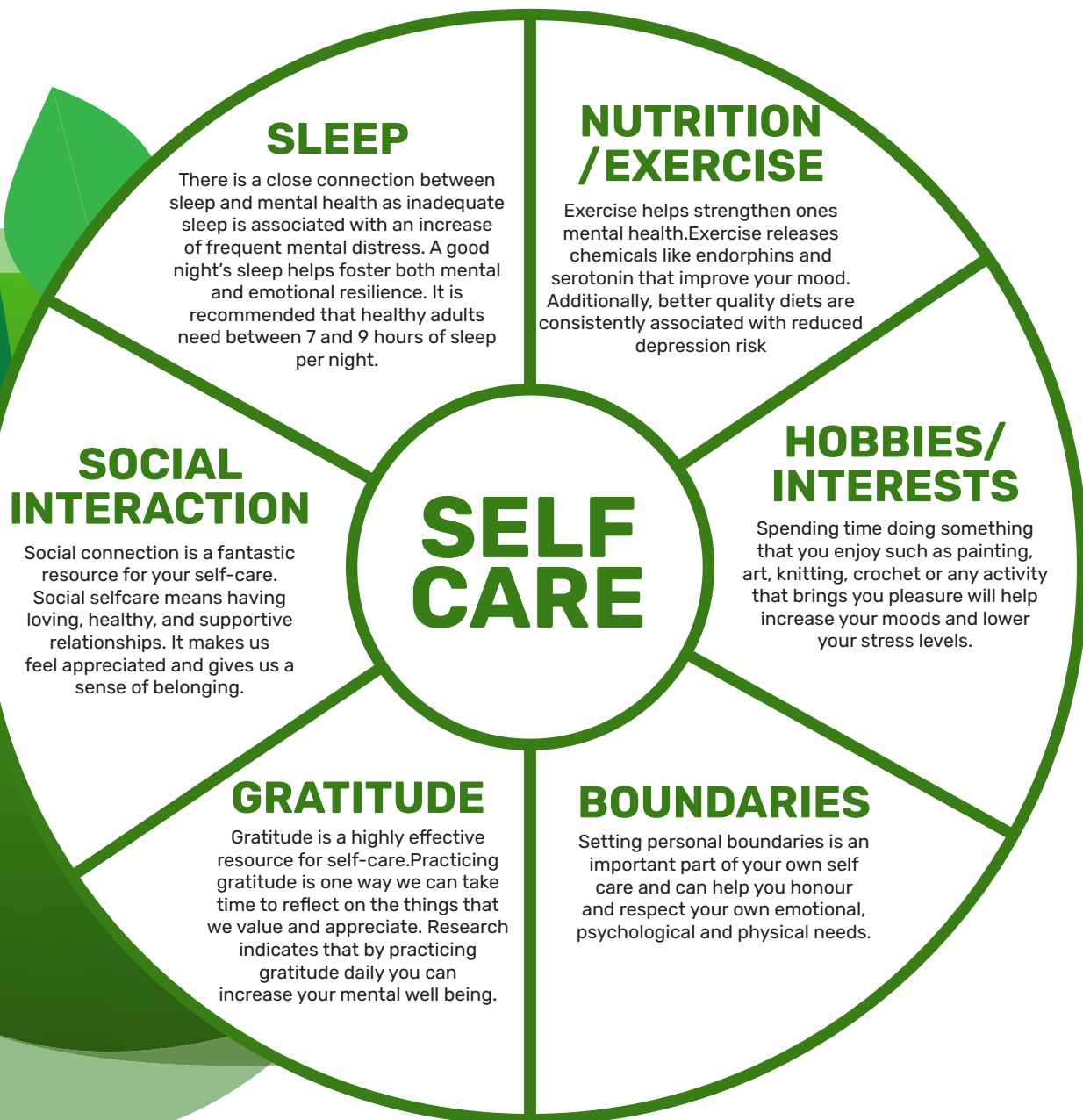


SELF-CARE Wheel

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is anything you do for yourself that makes yourself feel better or cared for can be considered self-care. This self-care wheel identifies various aspects of self-care that offer a simple action plan to manage stress and help you lead a more balanced everyday life.



SEEDS2SUCCEED