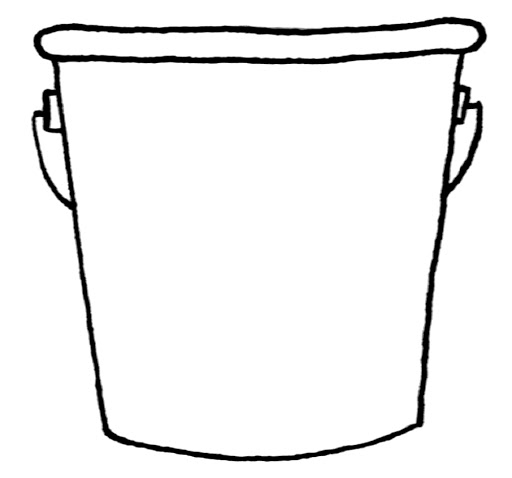
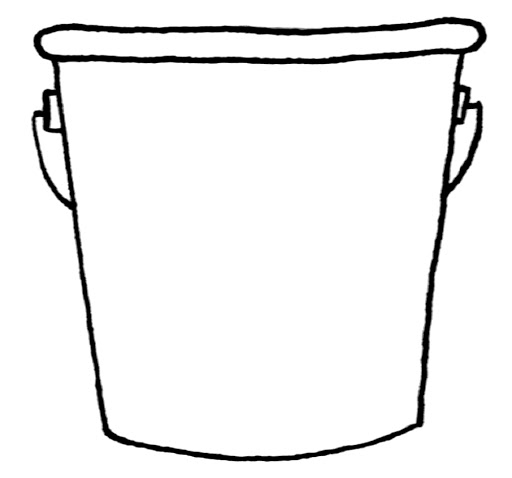
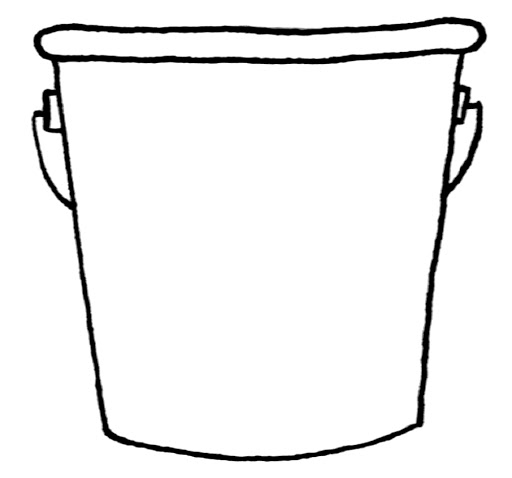
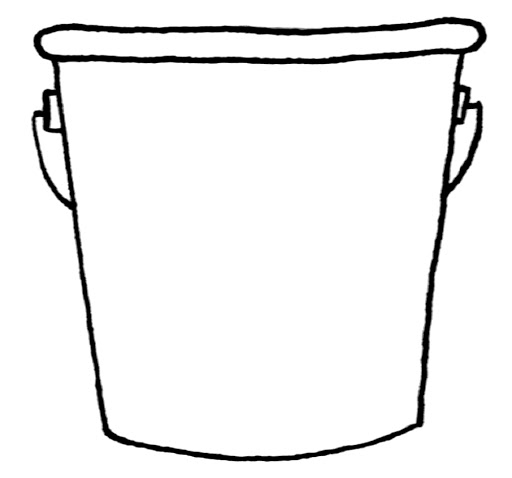
Self Care Essentials

**What things can you do each day to fill your buckets?**

**FLEX**

**CHILL**

CONNECT

CREATE

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]