

Tips to support your



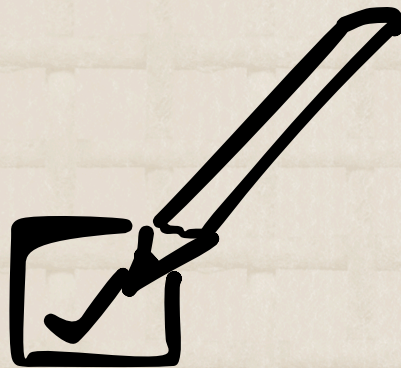
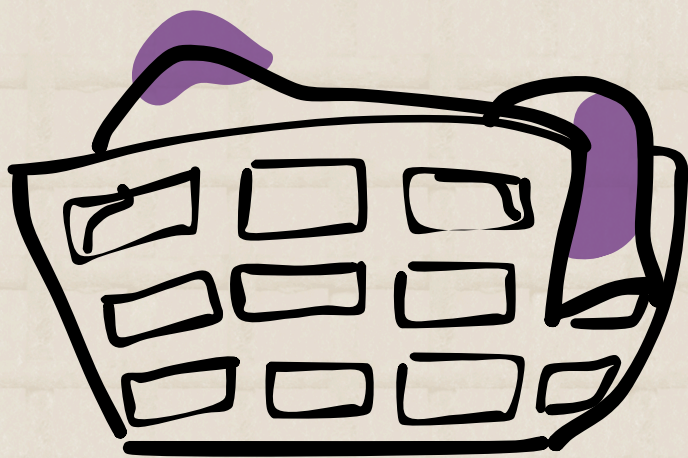
Mental Health and Routine

Rest when needed





Tips to support your
Mental Health
and Routine



Remember: One small task done
is a big accomplishment

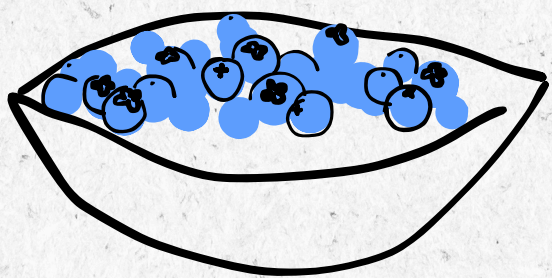
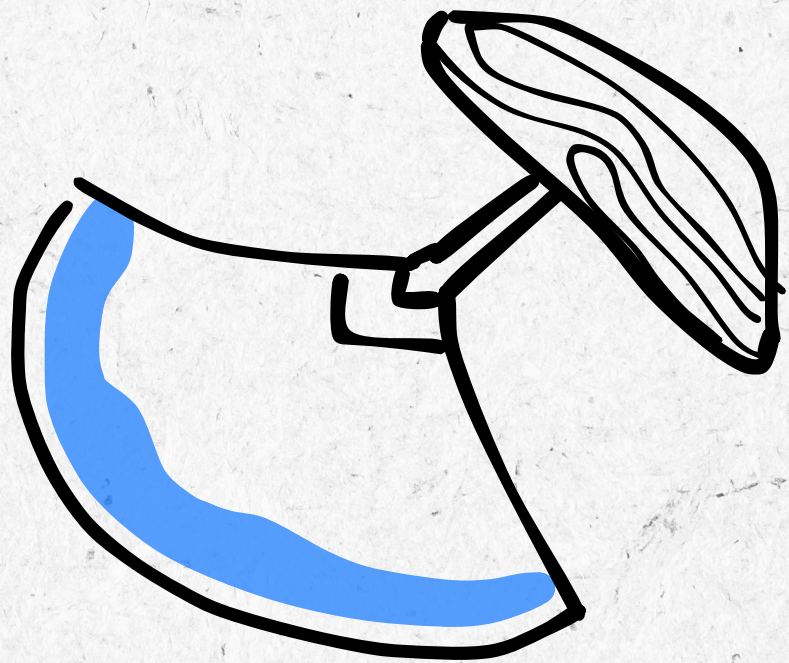
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Stay hydrated
and eat well





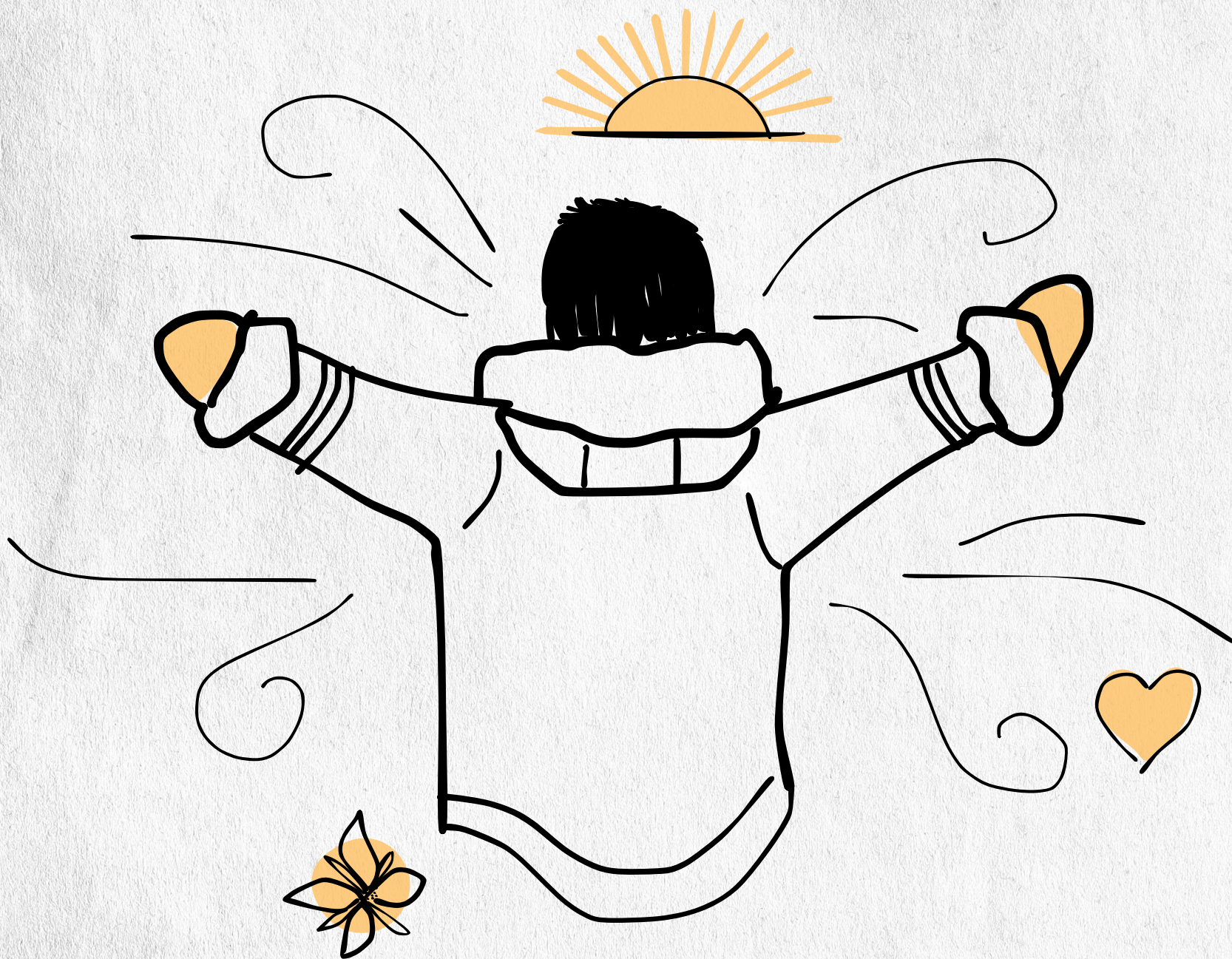
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wind down with easy activities

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Practice self-care
and gratitude