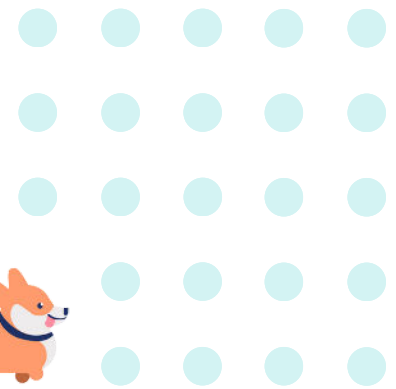


Let's focus on self-care



Prioritize self-care, manage stress, and conquer burnout through empowering routines and techniques.

