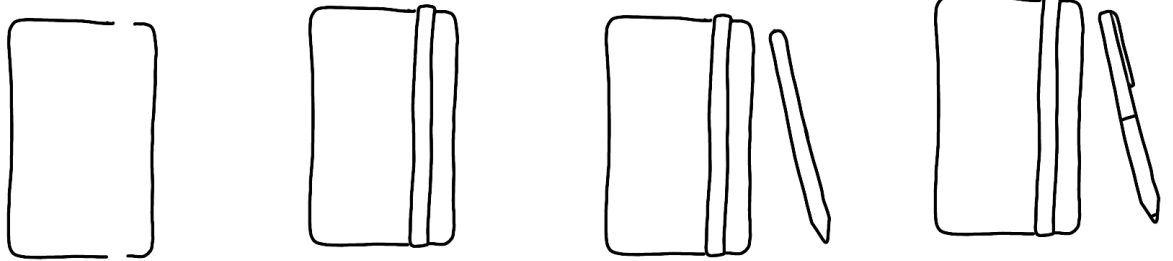
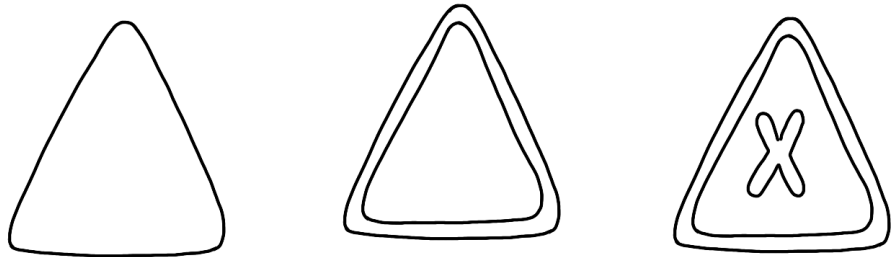


SELF CARE DOODLES

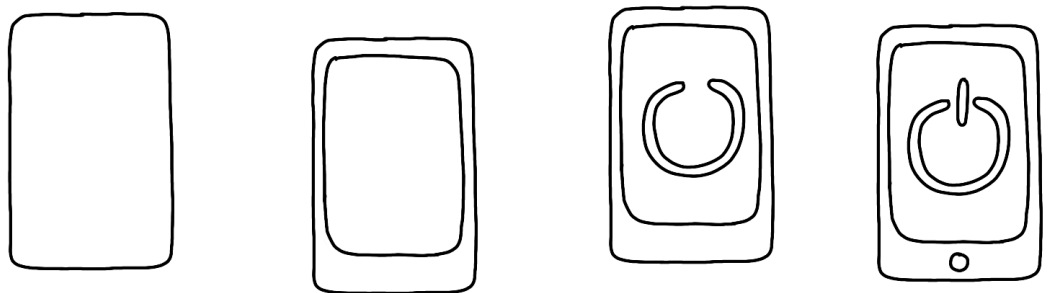
JOURNAL



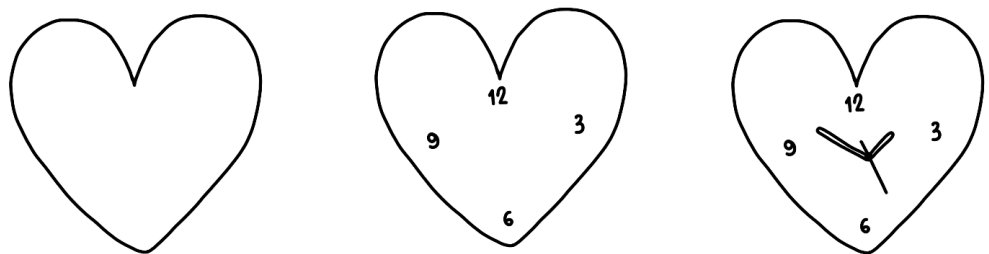
BOUNDARIES



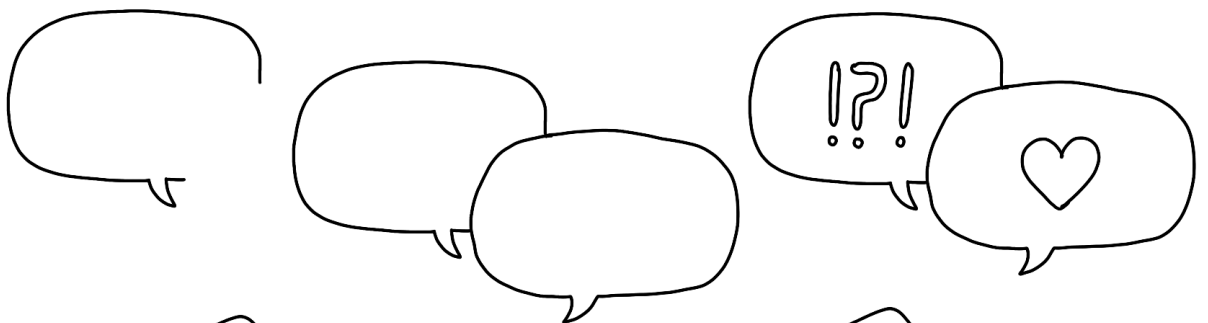
POWER OFF



ME TIME



SEEK
SUPPORT



POSITIVE
SELF
TALK

