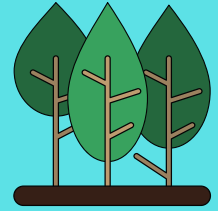




Do some
Journalling



Read uplifting
quotes



Connect to
Nature



Reach out to a
friend

Self Care Ideas for Wellbeing



Practice Self
Compassion



Move Your
Body



Listen to
Music



Strong Steady
Breathing

What will you
choose today?

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