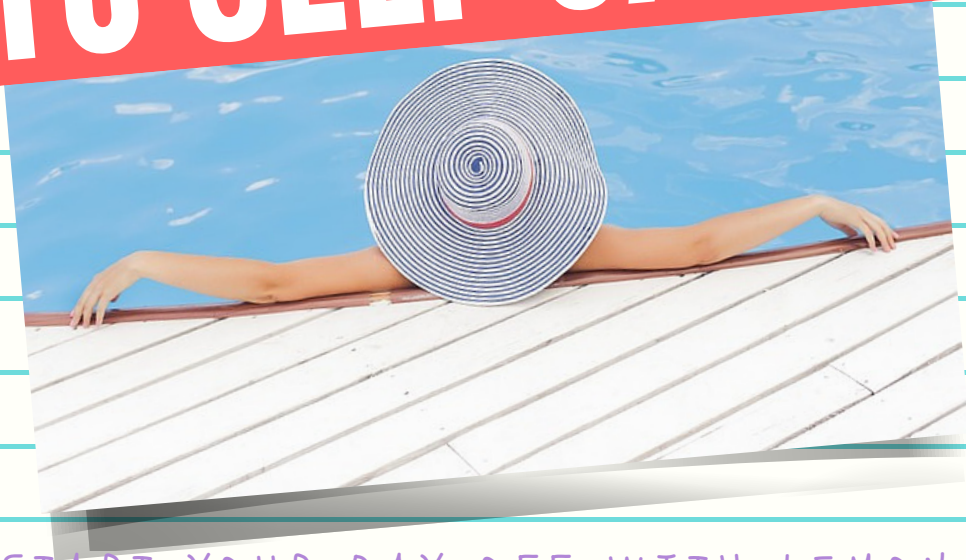


FIVE WAYS TO SELF CARE



1. START YOUR DAY OFF WITH LEMON WATER. THIS HELPS YOUR BODY AND YOUR SKIN,
2. SLEEP IN LATE AT LEAST ONCE A WEEK. THIS WILL GIVE YOUR BODY THE STRENGTH AND REST IT NEEDS.
3. MEDITATE OR WORSHIP AT LEAST 10-15 MINS A DAY. THIS WILL SET THE TONE FOR YOUR DAY
4. TREAT YOURSELF BY GOING OUT ON A MINI VA-CAY, WALK IN THE PARK OR PURCHASE SOMETHING YOU'VE ALWAYS WANTED.
5. SILENCE YOUR CRITICS BY REMOVING THEM.