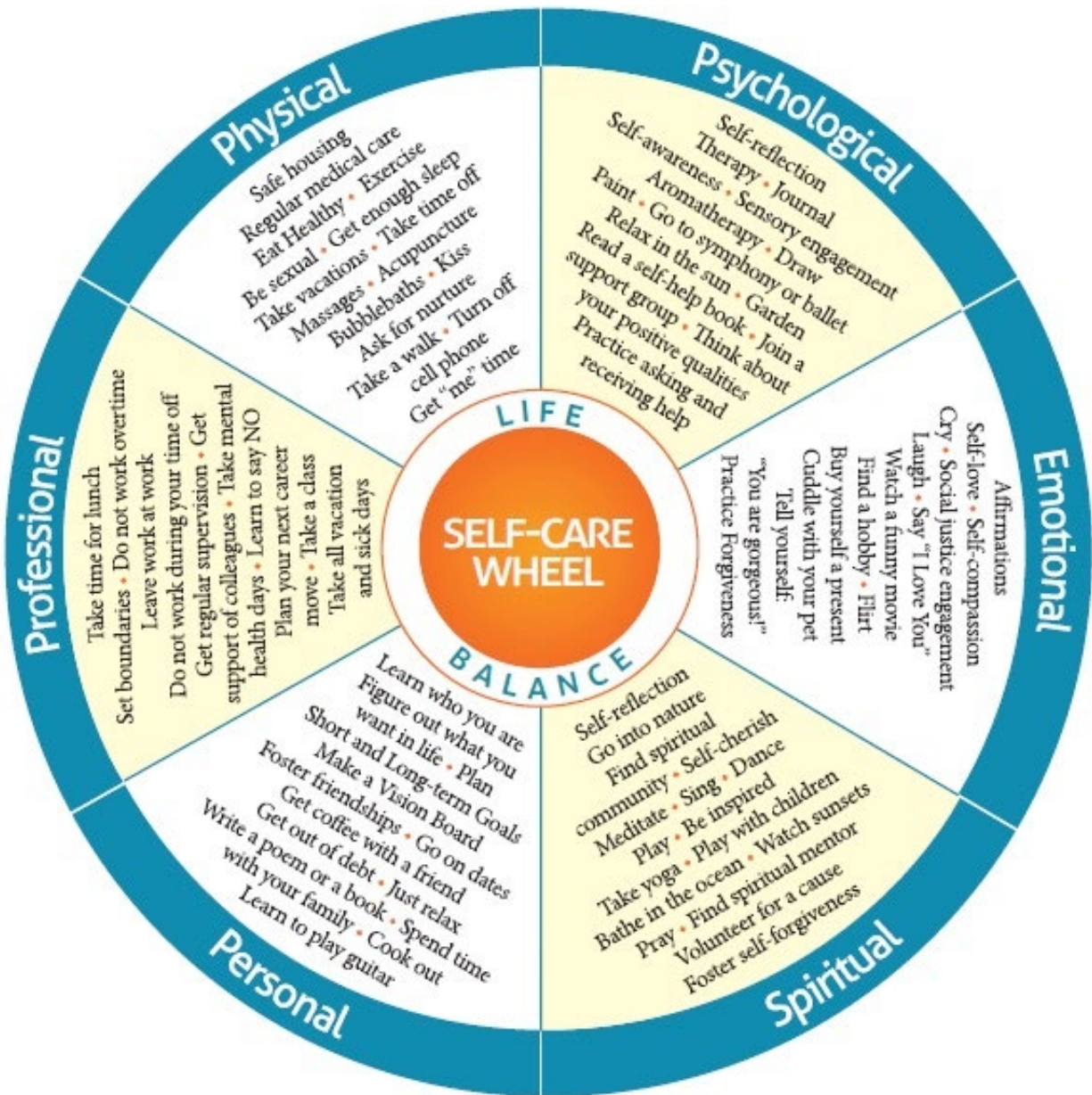


## Self-Care Wheel



How I took care of myself:

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One change I will make to care for myself as I do this work:

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