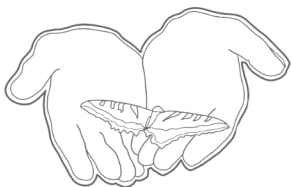


WHAT'S HARD  
RIGHT NOW?  
(BE SPECIFIC)

WHAT HELPS?



SELF CARE  
FOR THE  
PANDEMIC

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