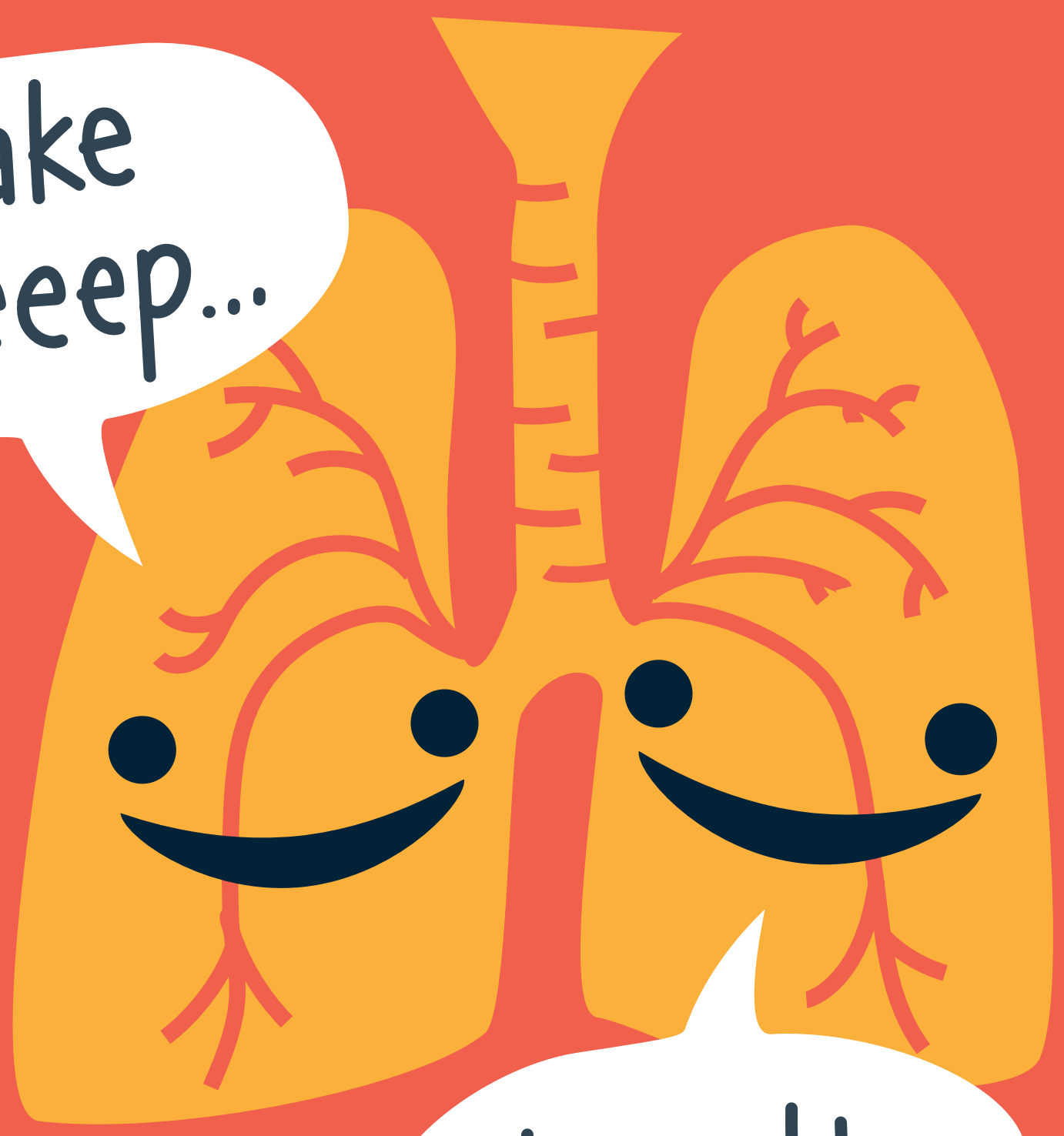


BE A BOSS

MANAGE THAT STRESS & ANXIETY

Take
deeeep...



mmmmmeditate



TAKE CARE OF YOUR BODY.

...breaths

MAKE TIME TO UNWIND.

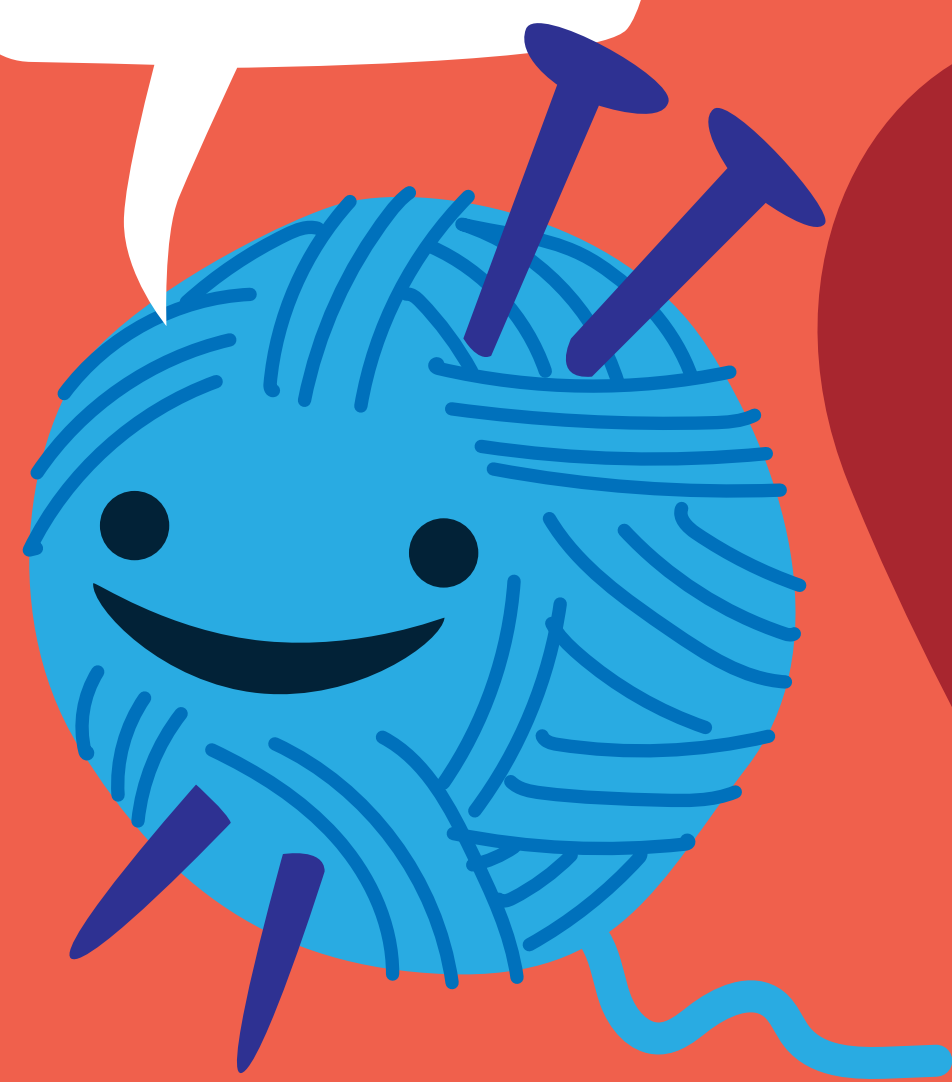


Try



other

activities



that you enjoy!

