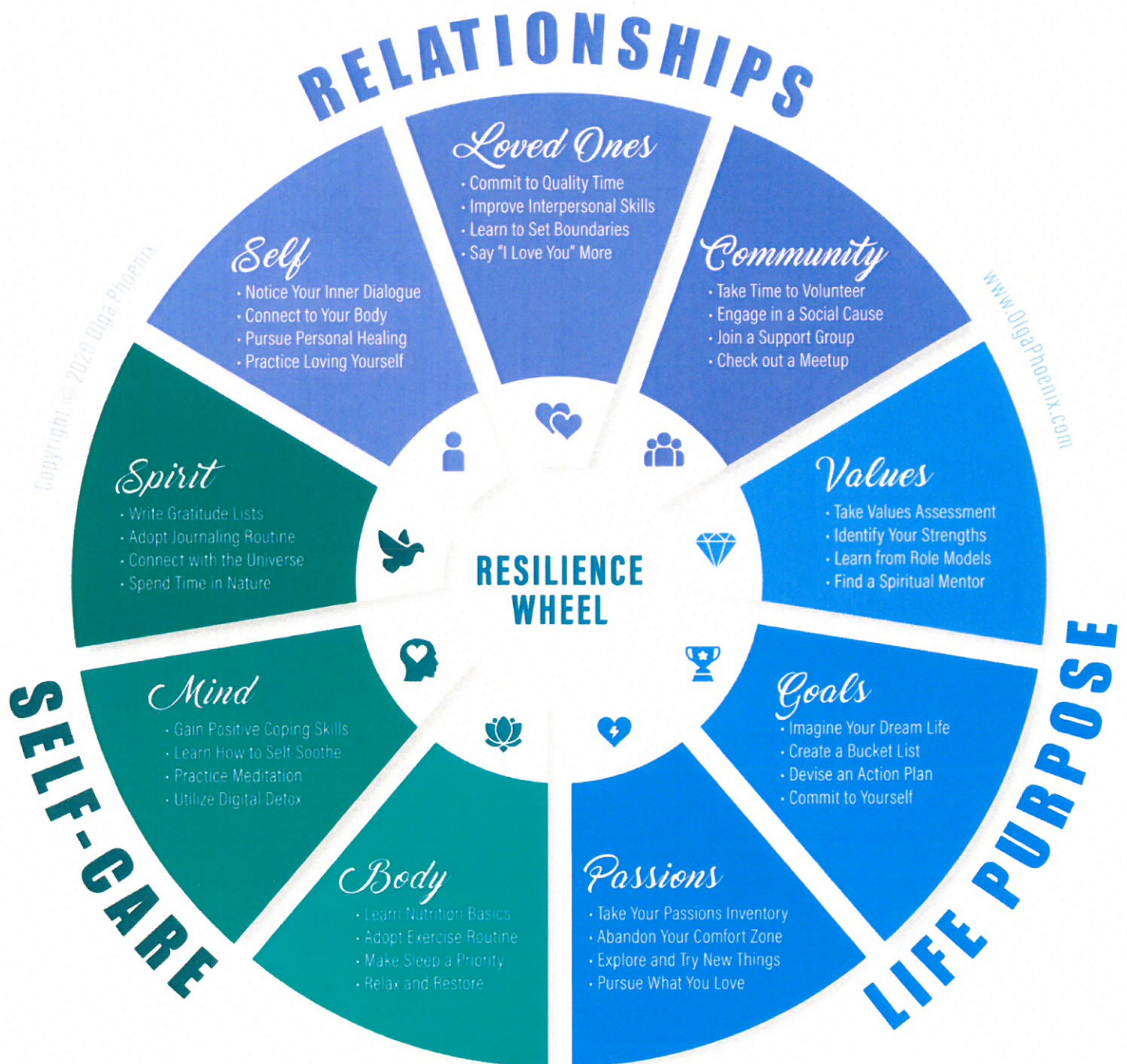
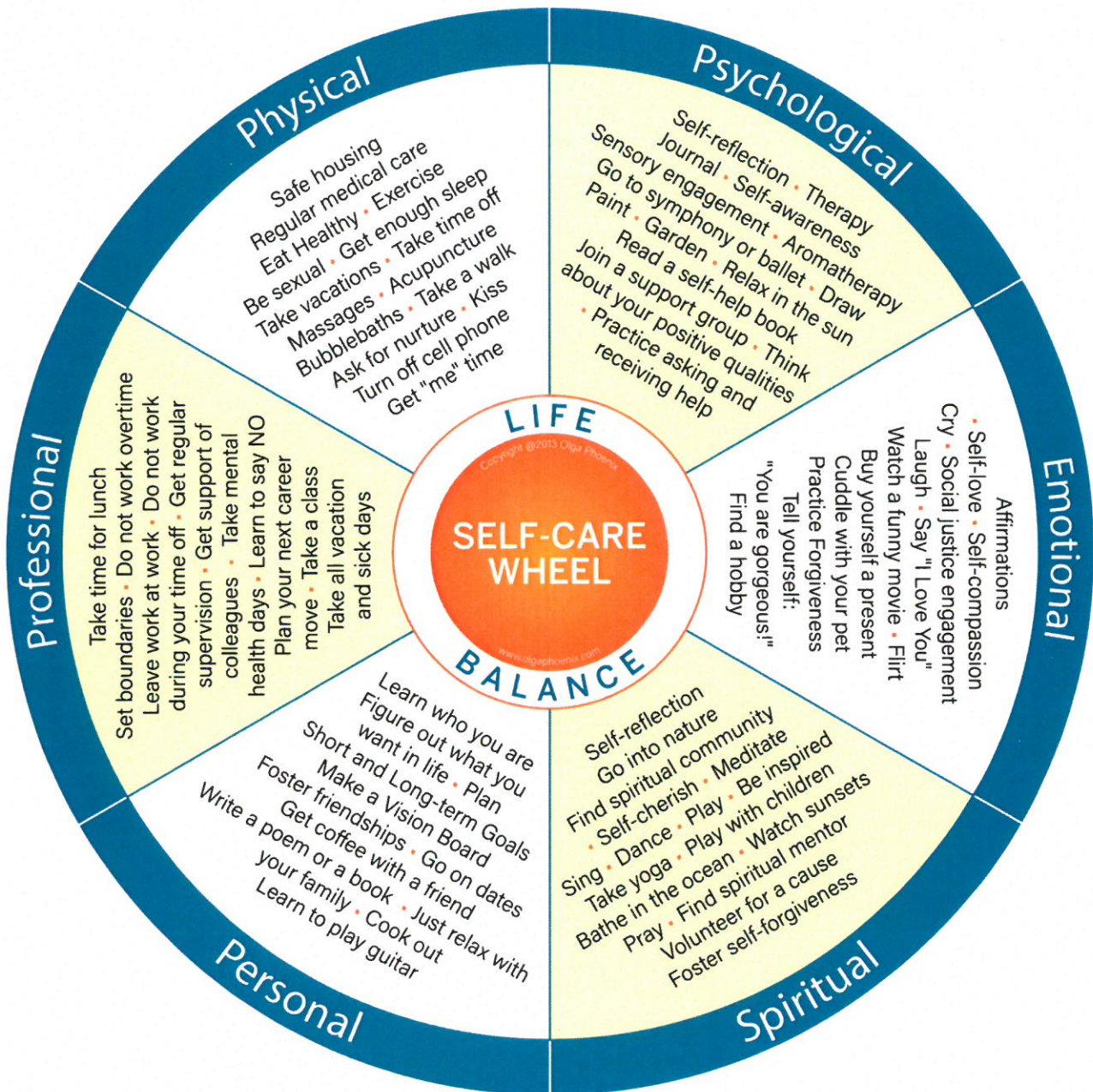


Resilience WHEEL



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SELF-CARE WHEEL



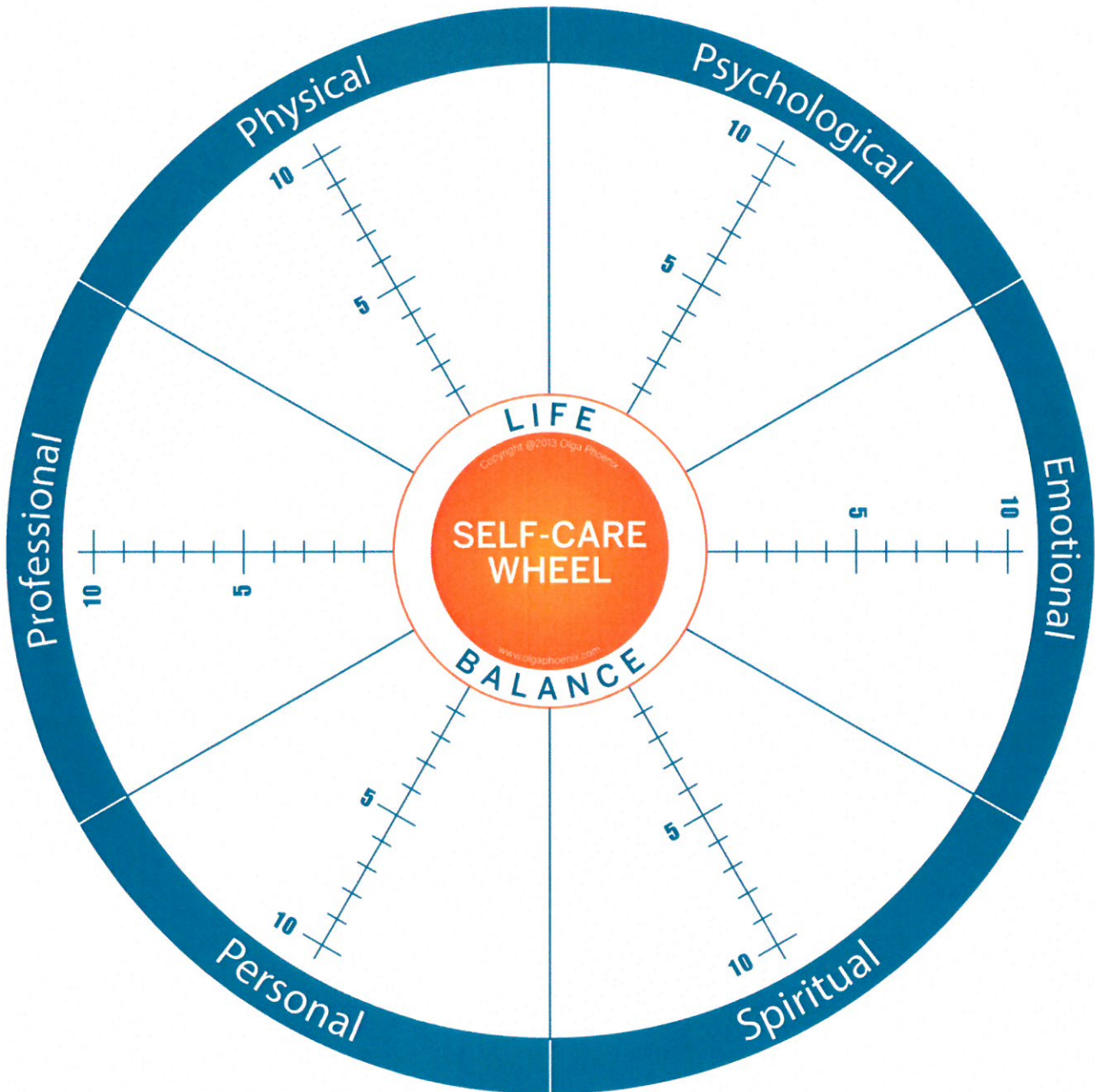
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SELF-CARE WHEEL



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