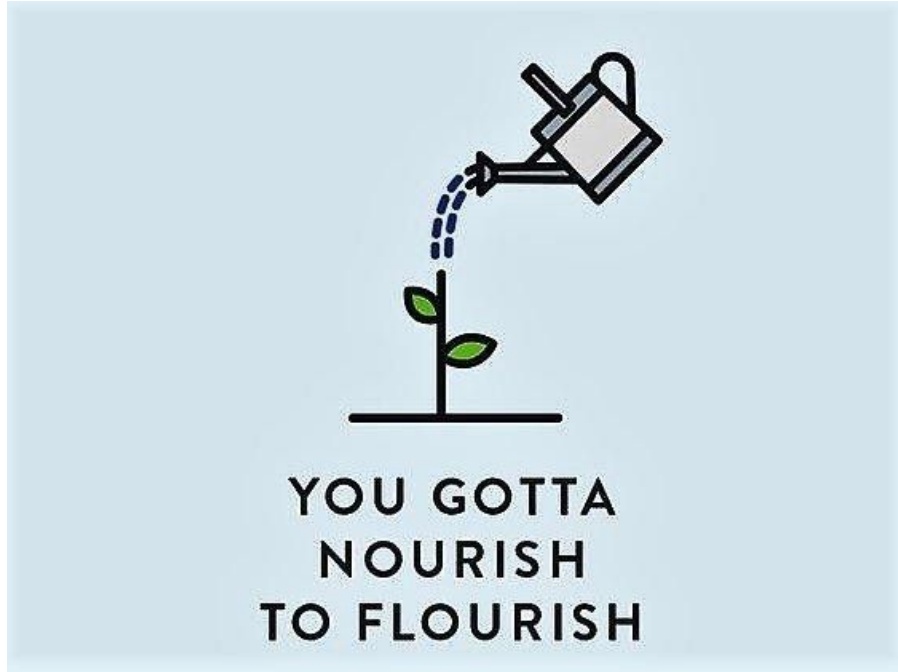


Dear Me,

It is awesome that I love to help others and give back to my community! And...it is *very* important that I proactively take care of myself. Following are ideas I can do in my daily life that will support my wellbeing and help to prevent burnout, allowing me to pursue a meaningful life.



Physically

Emotionally

Mentally

Spiritually & Socially

Wishing me the very best,