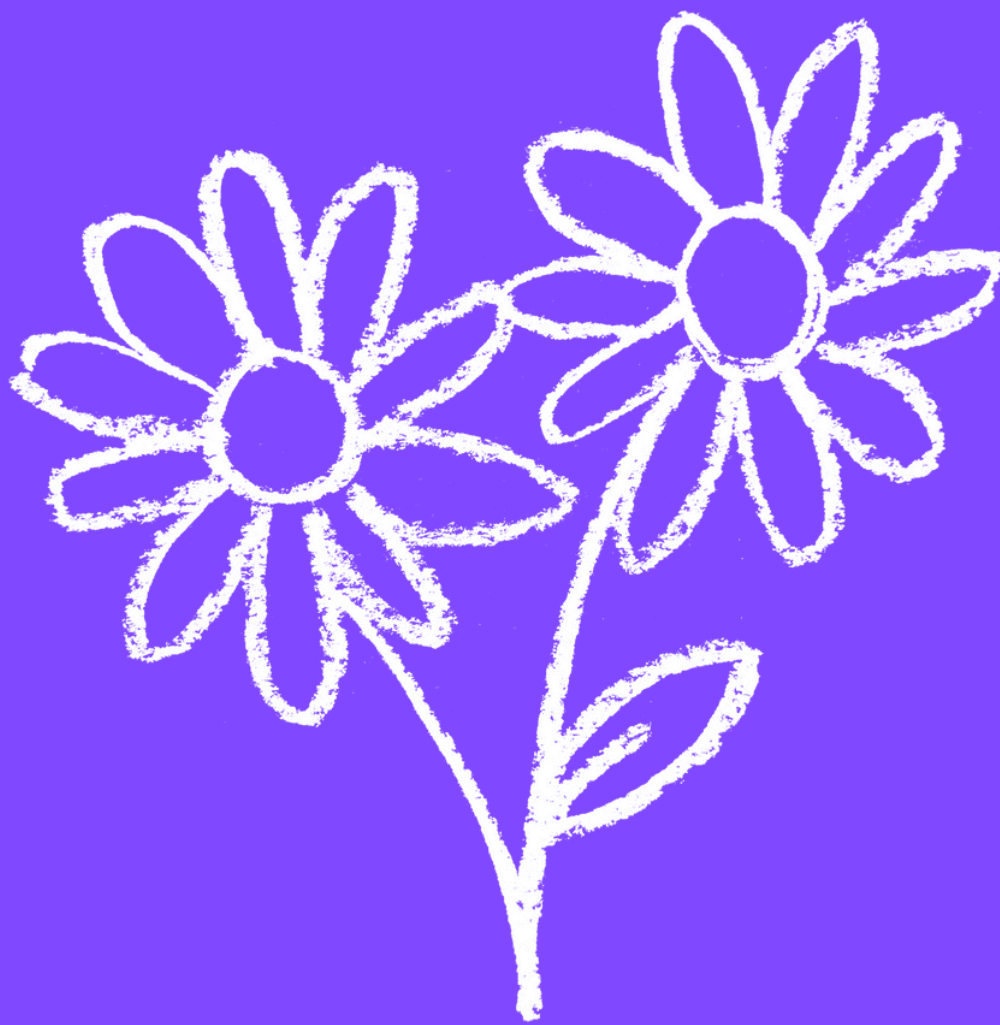


Sometimes looking after your
mental health looks like...



...treating yourself!

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