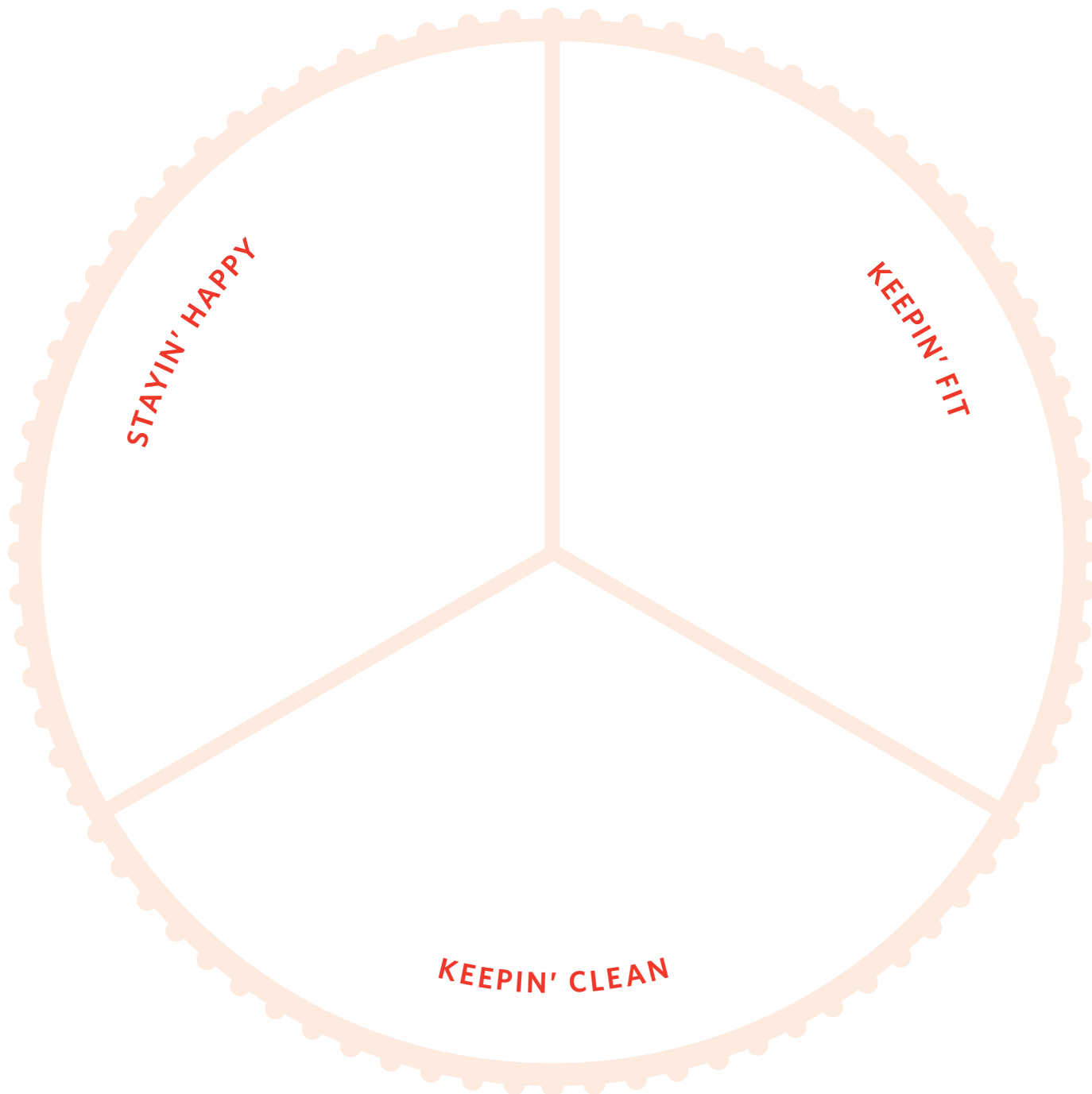


Self-Care Medallion

DIAL IT DOWN

Think about the three circles in the self-care medallion. Draw a picture of one way you will practice self-care in each category.



NAME: