



Self-Care Week 2024

Mind & Body

18-24 November



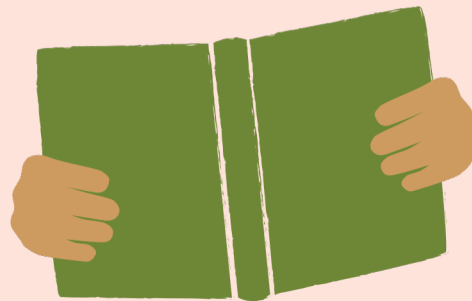
Ensure a good night's sleep



Notice Nature



Make time for friends



Get lost in a Book



Eat a Balanced Diet



Count your steps



Listen to Music