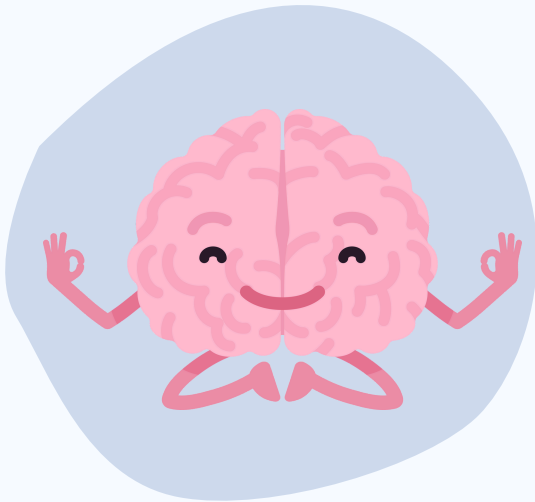


HEALTH CARE PRACTICES

TAKE CARE OF YOUR HEALTH

- PHYSICAL HEALTH
 - PRACTICE GOOD HYGIENE
 - TREAT ILLNESS
 - TAKE MEDICATION AS PRESCRIBED
- AVOID DRUGS
 - LIMIT ALCOHOL
 - DO NOT USE ILLEGAL DRUGS
 - AVOID TOO MUCH CAFFEINE



- MENTAL HEALTH
 - PRACTICE SELF CARE
 - EXPRESS YOUR FEELINGS
 - BUILD HEALTHY RELATIONSHIPS
- SLEEP
 - FOLLOW A CONSISTENT SLEEP SCHEDULE



- NUTRITION
 - EAT REGULARLY AND MINDFULLY
 - ENJOY BALANCED MEALS THAT LIMIT SUGAR
- EXERCISE
 - 20-30 MINUTES DAILY

