

FIVE SIMPLE SELF-CARE CHOICES

— Making You a Priority —

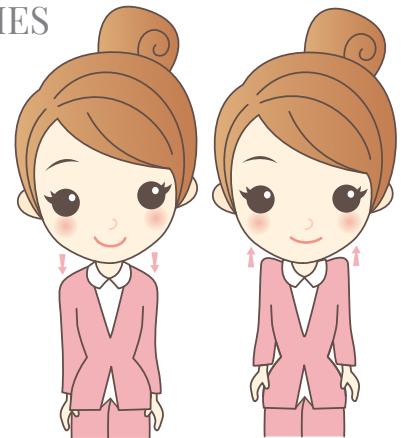
1. DEEP

- > IN 1-2-3
- > OUT 1-2-3

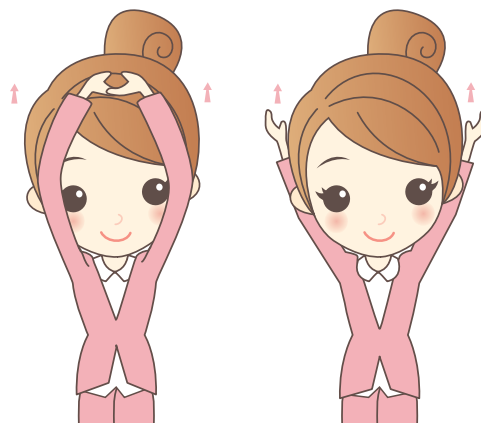


2. DEEP BREATHS WITH SHOULDER SCRUNCHES

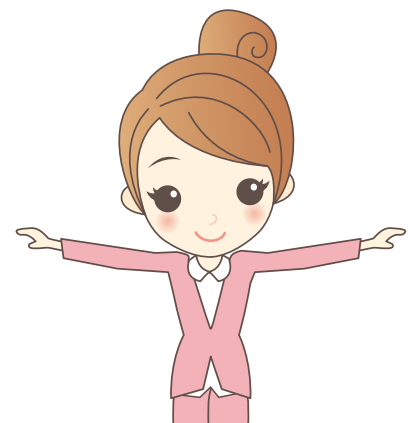
- > bring shoulders to ears during inhalation
- > drop and release with exhalation



3. REACH UP



4. REACH OUT



5. LET'S TWIST

- > lots of variations
- > look behind you

