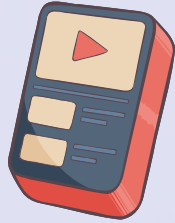


# 5 MIN SELF CARE



TURN YOUR  
FAV PLAYLIST



ENJOY YOUR  
FAV DRINK

5 MIN



TAKE SOME  
DEEP BREATH



CREATED A  
GRATITUDE LIST



DRINK MORE  
WATER

@myretiredlifestyle