

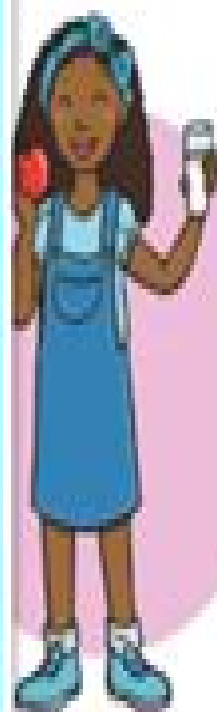
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you should...



talk to other people
about how you are
feeling.



after yourself,
u should...



balanced diet.



after yourself,
u should...



exercise.



after yourself,
u should...



after your
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Looking After Your Own

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