



BREAK



move.



stretch.



garden.



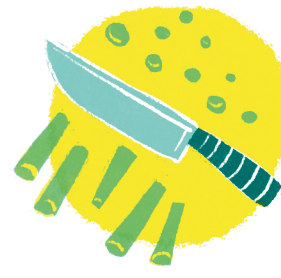
BREAK



clean.



meal prep.



go outside.



BREAK



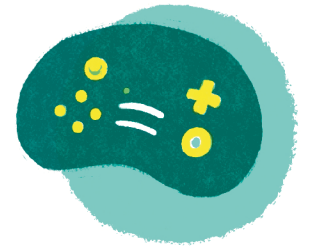
nap.



journal.



play.



BREAK



snack.



meditate.



read.

