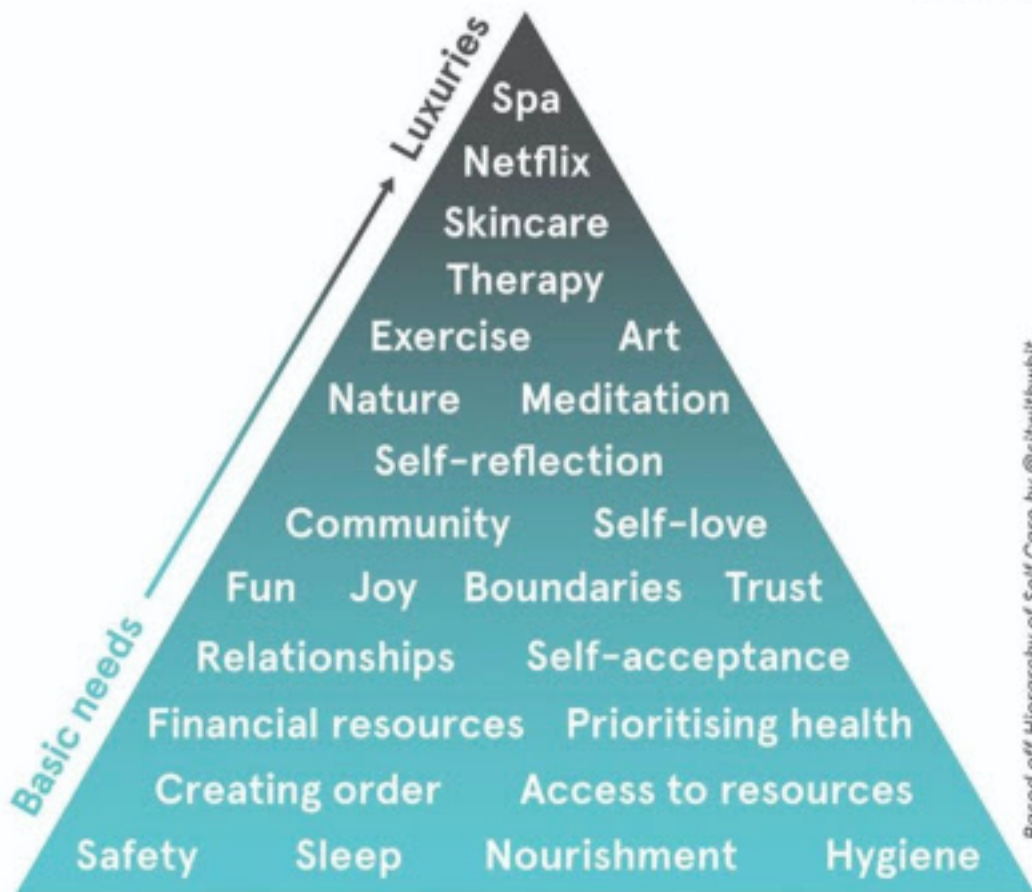


The Pyramid of Self-Care



Based off Hierarchy of Self Care by @sitwithwhit