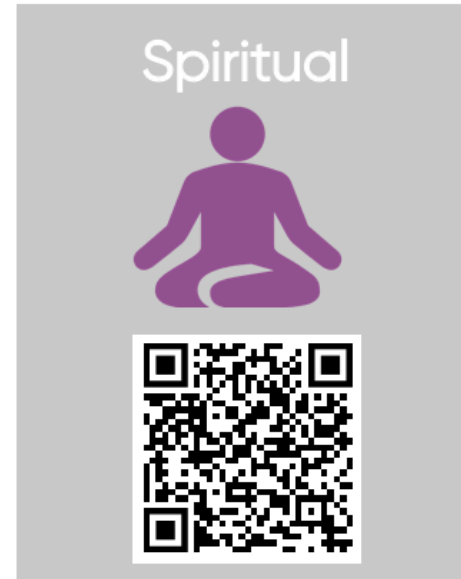


# Aspects of Self-Care



1. Select one of the five aspects of self-care.
2. Read your article.
3. Take notes.
4. Affirm your thinking.
5. Share with your peers.