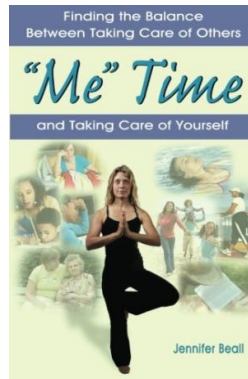


Me Time: Finding the Balance Between Taking Care of Others and Taking Care of Yourself



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