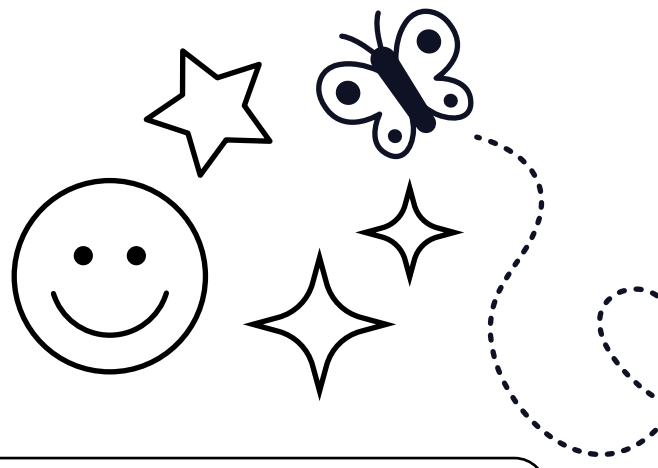


SELF-CARE MENU

Three large, empty rectangular boxes stacked vertically, intended for writing self-care activities. The boxes are connected by lines to various icons around the page.