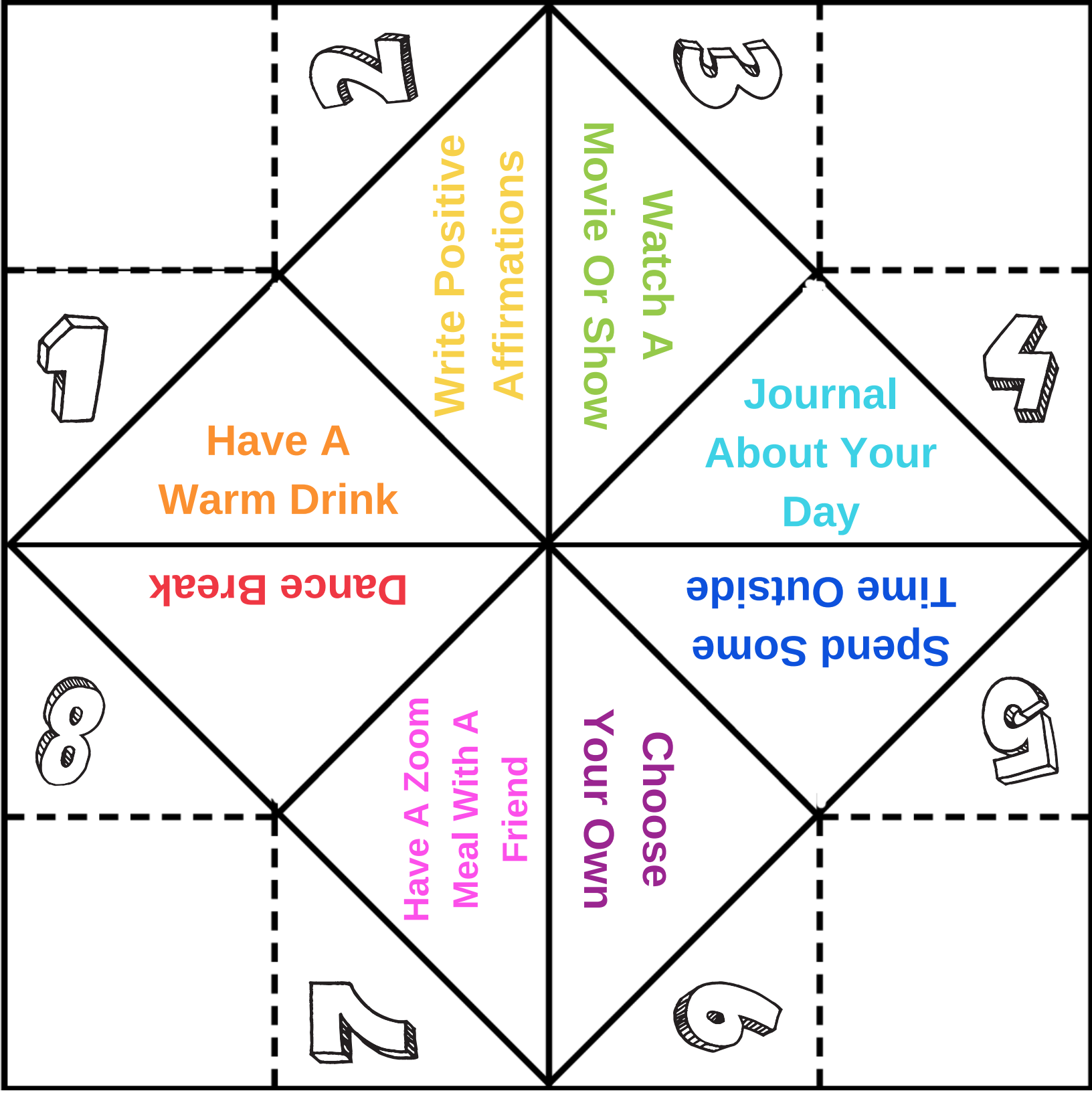

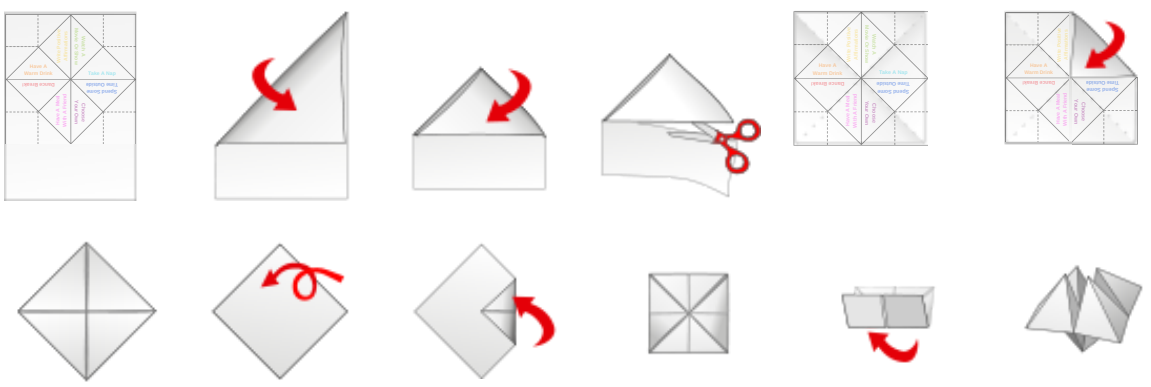

Making time for self-care can especially hard during exam week. At least once a day, use this fortune teller to pick an activity to give yourself a break!

https://www.snhu.edu/about-us/newsroom/2020/04/what-is-self-care