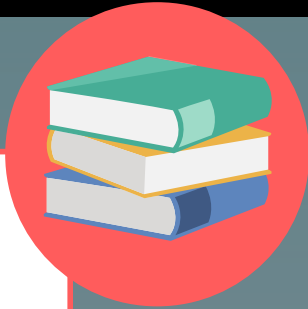




INVEST IN YOUR WELLBEING AFTER AN EMERGENCY

**READ A
BOOK**



**EAT YOUR
FAVOURITE
FOOD**



**GO FOR
A WALK**



**DANCE LIKE
NO ONE IS
WATCHING**



**PLANT A
TREE**



**TALK TO
SOMEONE**

