Self-care: Learning how to take care of yourself.
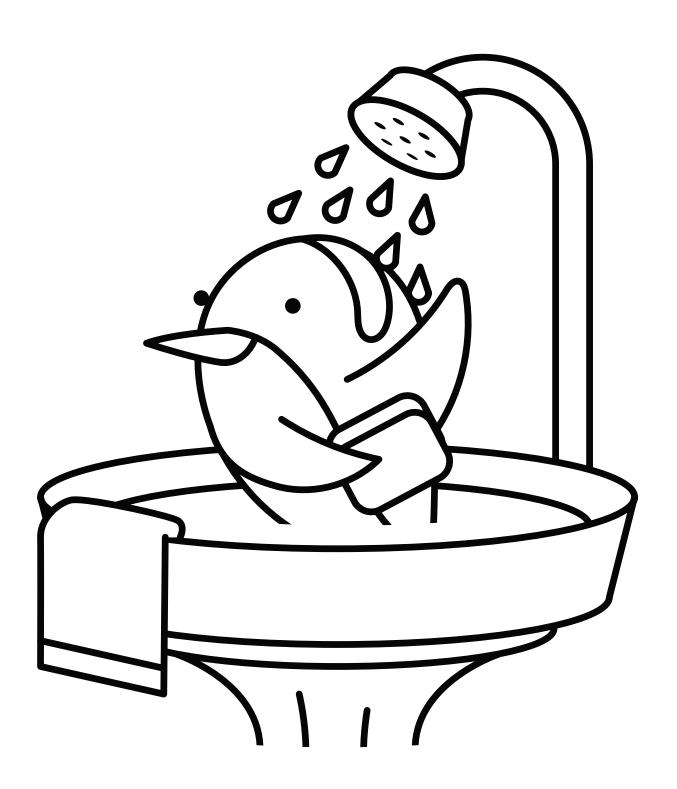**Using kind words, actions and thoughts with yourself.**