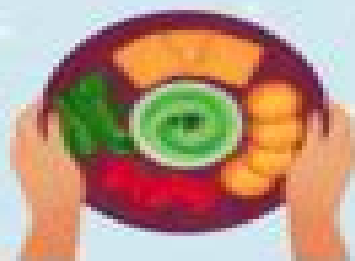


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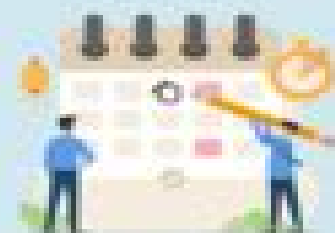
Avoid going to places when you're hungry or tired



Remember to eat healthy foods



Try your best to stick to routines and bedtimes



Avoid over-scheduling



Find some quiet time for yourself



Practice gratitude



Focus on helping others



Go outside and play

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