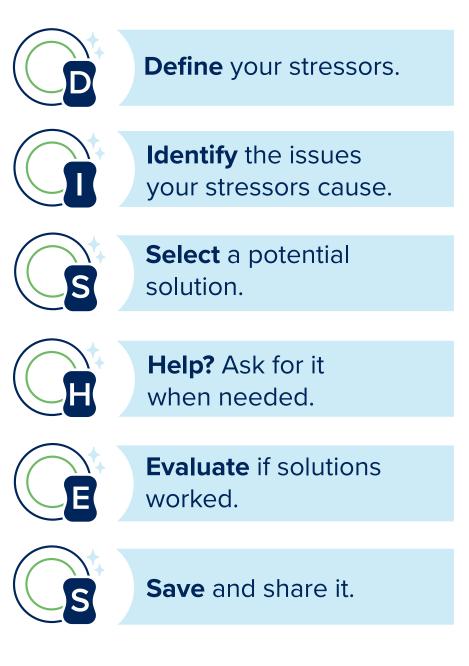
## FEELING OVERLOADED OR OVERWHELMED? TRY DOING THE D.I.S.H.E.S





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