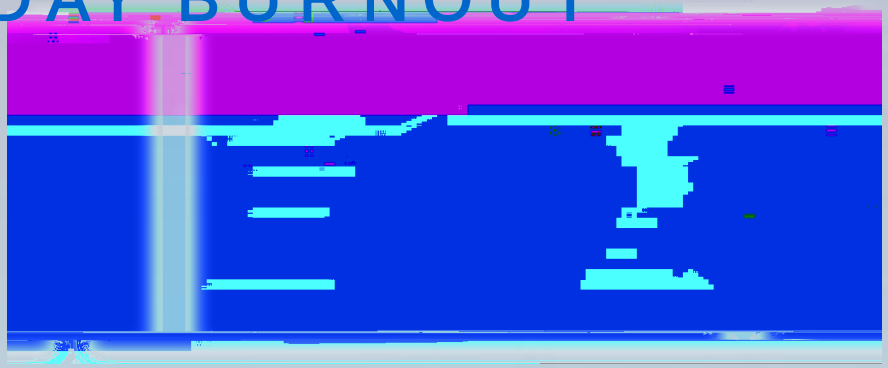
AVOID THE HOLIDAY BURNOUT



TAKE AN INVENTORY.

SPEND TIME DOING SOMETHING THAT BRINGS YOU JOY EVERY DAY.