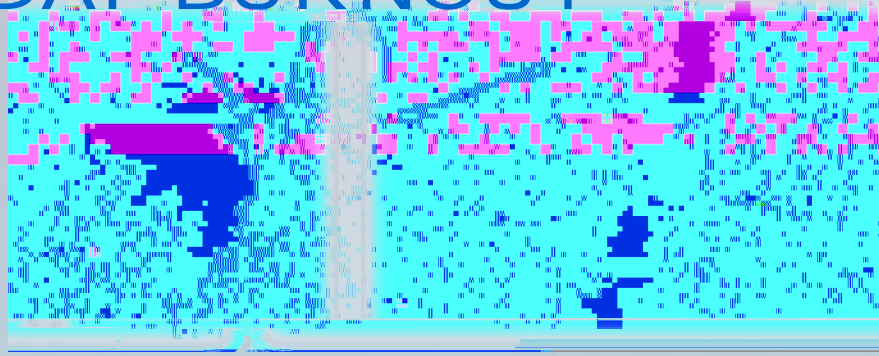


AVOID THE HOLIDAY BURNOUT



TAKE AN INVENTORY.

**SPEND TIME DOING SOMETHING THAT
BRINGS YOU JOY EVERY DAY.**