



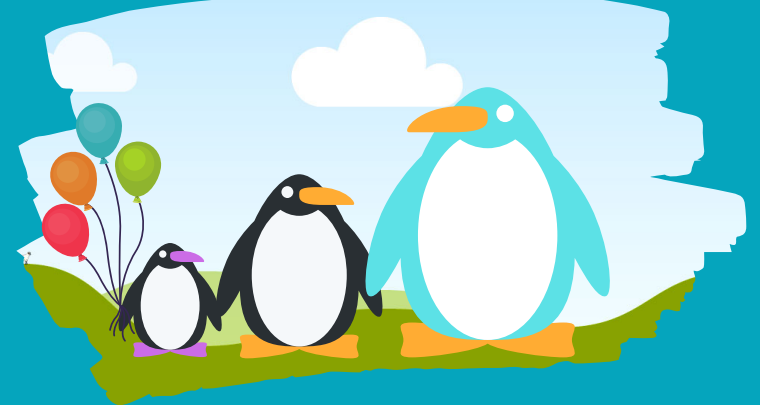
PIPI THE PENGUIN (PINGVINCEK PIPI)

The Self-care Guide



Get more sleep!
Save your energy!

Surround yourself with great company!



Stay hydrated.
Drink your
favorite
beverages.



Always remember
to love yourself!