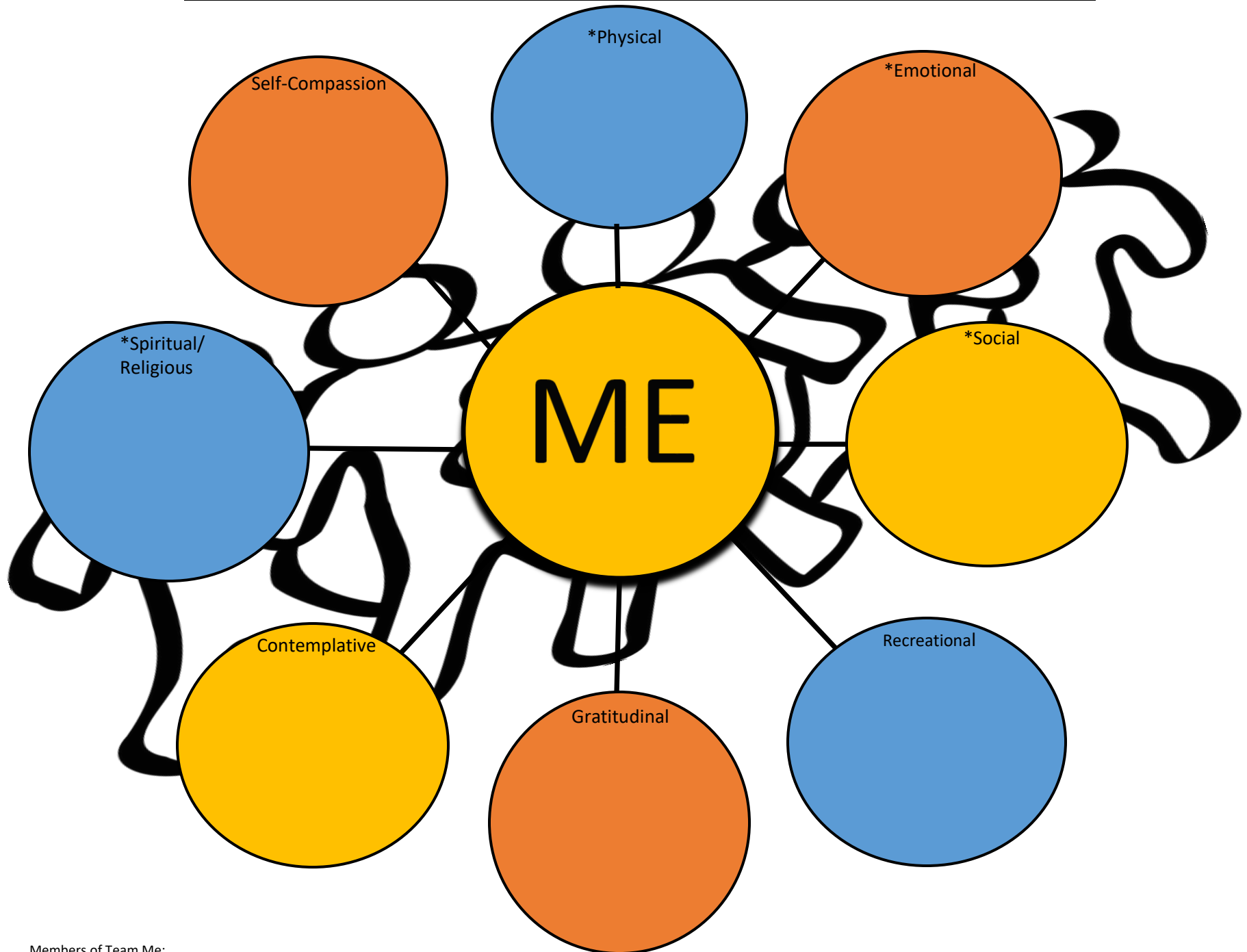


Personal Self Care Model



Members of Team Me: _____

* Based on Miller & Lee's Self-Care Framework (2013)

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