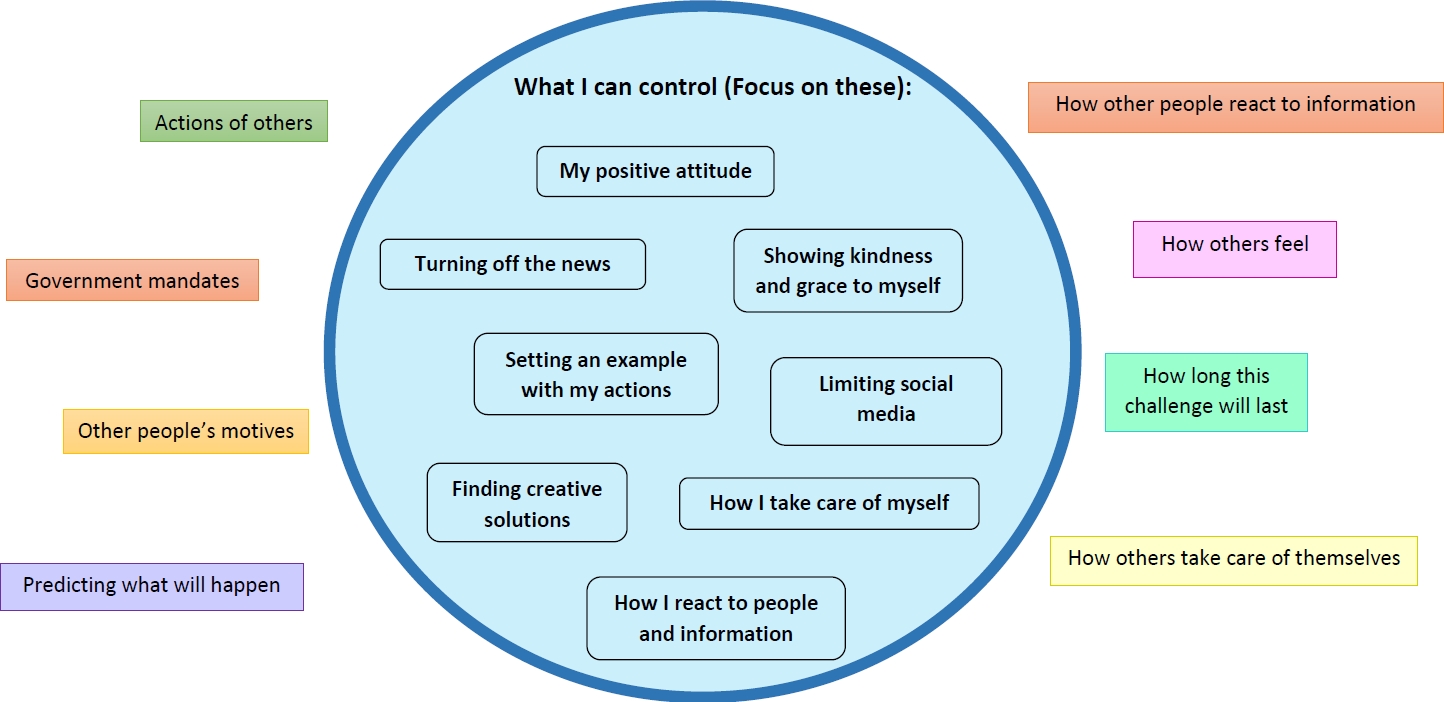
***Practicing Self-Care***

**What I cannot control (Let go of these things):**



[*Amy Dujon, M.Ed.*](mailto:adujon@lrp.com)*, covers education and leadership issues for LRP Publications.* Copyright 2020 © LRP Publications