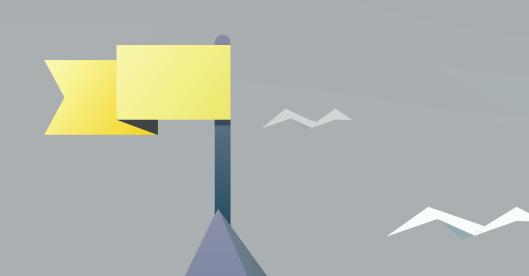
## MAS TO BUILD RESIDENCE BUILD R



Celebrate Accomplishments



Show Yourself Compassion

**Engage with Community** 





Practice Introspection

Maintain a Work/Life Balance





Find a Spiritual Center or Purpose



Stay Energized and Well-rested

Take Care of Emotional and Physical Health



Center for Development of Security Excellence

CDSE