

The background of the entire slide is a photograph of a vast field of red poppies. In the foreground, several poppies are in sharp focus, showing their vibrant red petals and green stems. The field extends to a horizon line under a sky with soft, orange and yellow light from a setting or rising sun. Scattered across the sky are several red paper airplanes, each with a dashed line trailing behind it, suggesting a path of flight. The overall mood is contemplative and hopeful.

*Learning When to Let Go...
and When to Hang On*

A Mother-Teacher-Scholar Explores Self-Care

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July 2025