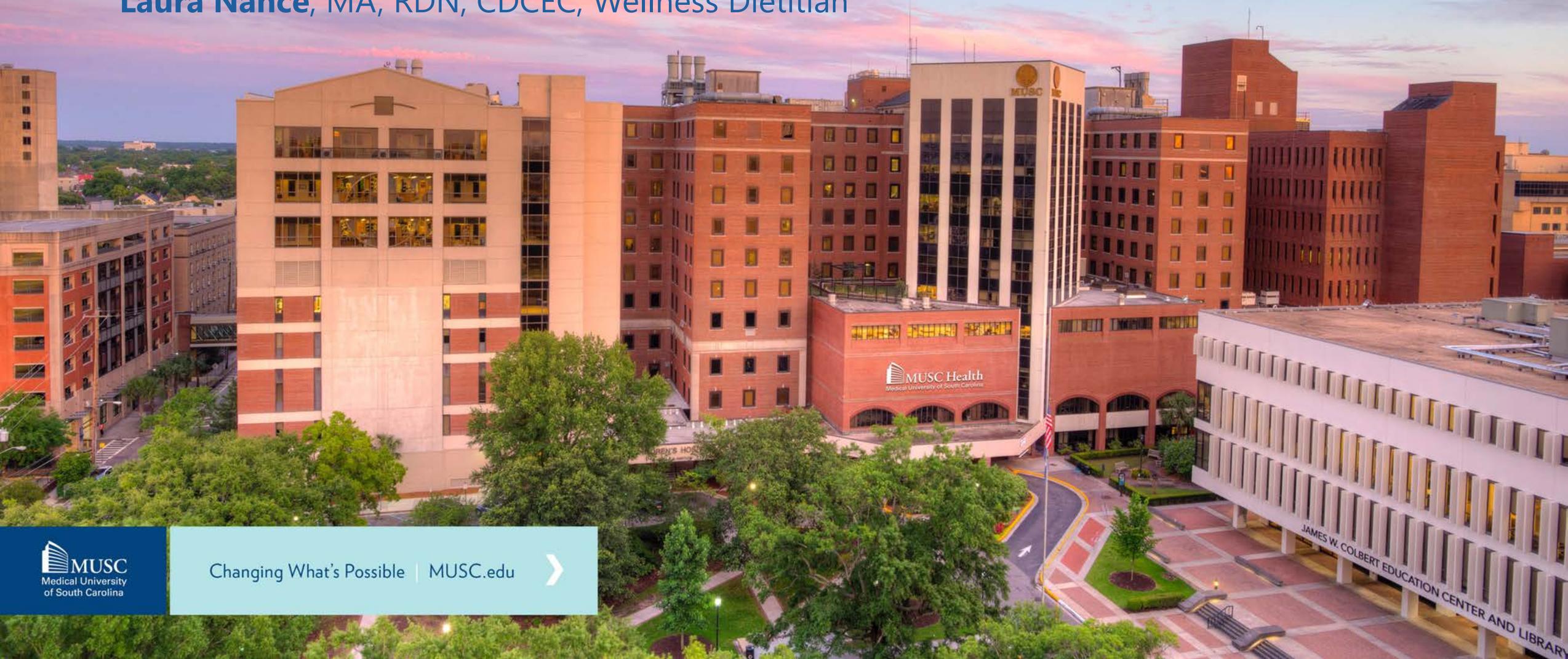


# Self-Care in Healthcare

**Susan Johnson**, Ph.D., Director of Health Promotion

**Laura Nance**, MA, RDN, CDCEC, Wellness Dietitian







- Dr. Susan Johnson, *Ph. D*
- Kaitlin DaPore, *NBC-HWC*
- Laura Nance, *RDN, LDN*

# MUSC Office of Health Promotion

**Mission:** Provide access to information, resources, and support to foster a movement toward a culture of wellbeing within the internal and external community.

**Vision:** To create a culture of wellbeing that makes health promotion an innate part of the MUSC experience and MUSC a catalyst for community transformation.

# **Who we serve**

- Employees
- Students
- Residents
- Patients & Visitors
- Community
- Key Stakeholders

# Operational Strategy



Leverage policies, create innovative programs and transform the built environment



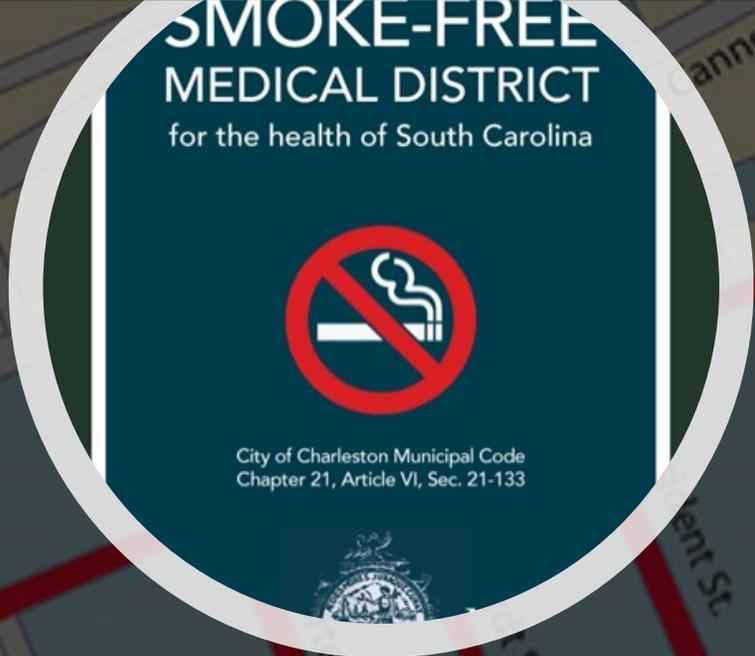
Align, promote and expand health and wellness initiatives



Develop and enhance partnerships between diverse stakeholders



Lead by example



# Policies and Procedures

Roper Hospital Tobacco-Free Campus



# Supportive Built Environment

# Professional Fulfillment Framework



**Professional Fulfillment is defined as:**

*Happiness or meaningfulness, self-worth, self-efficacy and satisfaction at work.*

"Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience"

<http://catalyst.nejm.org/physician-well-being-efficiency-wellness-resilience/>

# Culture of Wellbeing



Organizational values and actions that promote personal and professional growth, self-care and compassion for ourselves, our colleagues and those we serve.

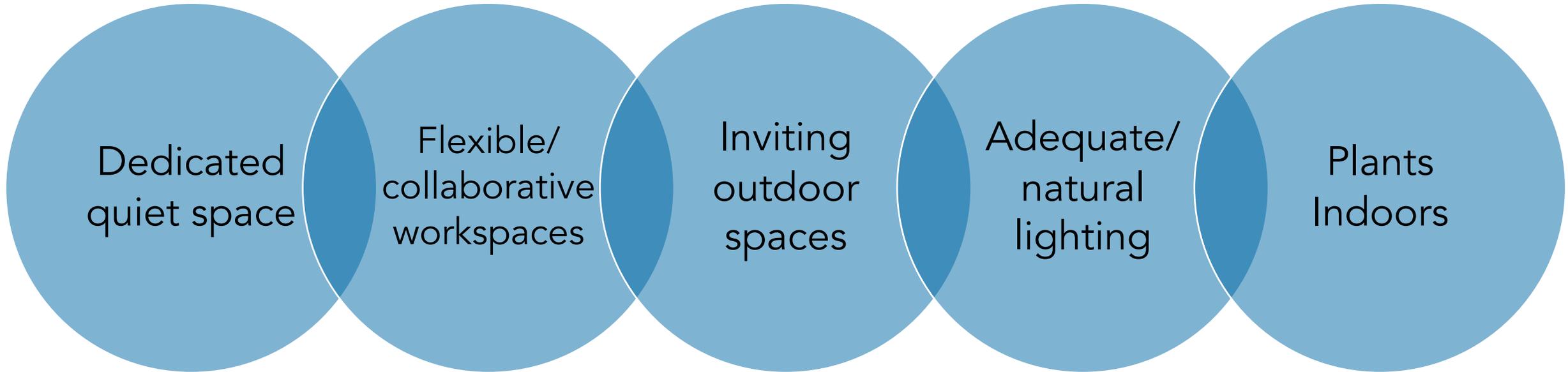
# Efficiency of Practice



Workplace systems, processes, and practices that promote safety, quality, effectiveness, positive interactions, and work-life balance.

# Efficiency of Practice

A physical environment that supports mental and emotional wellbeing positively impacts efficiency, productivity, and interpersonal relationships



# Personal Resilience



Individual skills, behaviors, and attitudes that contribute to physical, emotional, and professional well-being.



World Health  
Organization

## Burnout:

*“a syndrome conceptualized as resulting from **chronic workplace stress** that has not been successfully managed.”*



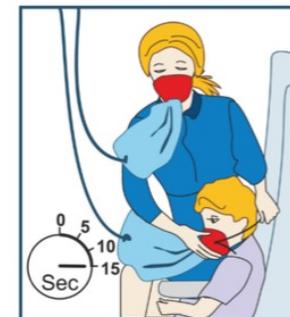
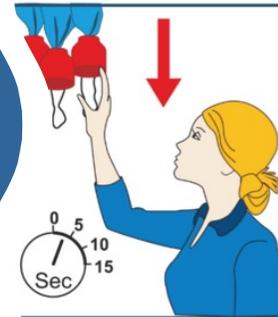
Credit: Alamy



*Self-care is the  
non-negotiable.  
That's the thing  
that you have to do.*

- Jonathan Van Ness

Take  
care of  
yourself  
first.



THE OXYGEN MASK  
PRINCIPLE

YOU MUST TAKE  
CARE OF YOURSELF  
**BEFORE** YOU CAN DO  
ANYTHING FOR  
ANYONE ELSE.

# What is Self Care?





**Before Work**



**After Work**

To Do List: ☹️

1: Everything!!!







**VALUES**



Finances

Relationships

Education

Job

Church

Community

Children

Spouse

Good



# MOST TIME CONSUMING THINGS IN AN AVERAGE PERSON'S LIFE

## 1 SLEEPING

AN AVERAGE PERSON WILL SLEEP FOR 229,961 HOURS IN THEIR LIFETIME



## 2 WATCHING TV

AN AVERAGE PERSON WILL WATCH OVER 9 YEARS WORTH OF TV



## 3 EATING

AN AVERAGE PERSON SPENDS 67 MINUTES PER DAY EATING AND DRINKING BEVERAGES



## 4 CLEANING

WOMEN WILL SPEND 12,896 HOURS IN THEIR LIFETIME CLEANING THE HOME, WHILE MEN SPEND AROUND HALF OF THAT



## 5 DRIVING

IN A LIFETIME, AN AVERAGE PERSON SPENDS 37,935 HOURS DRIVING A CAR



## 6 INTERNET

AN AVERAGE PERSON SPENDS 32 HOURS PER MONTH ONLINE WHICH ADDS UP TO 28,300 HOURS IN A LIFETIME



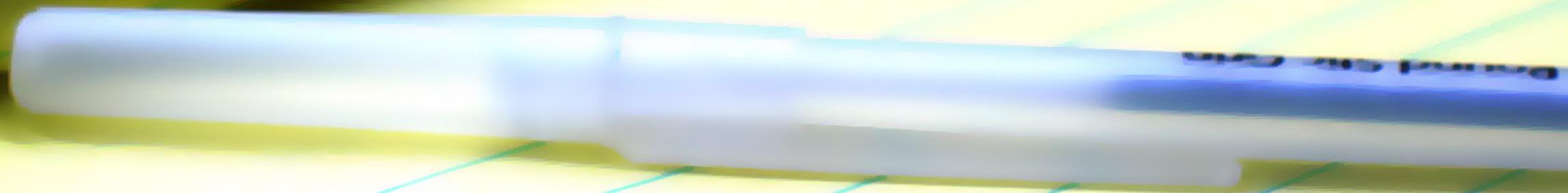
## 7 WORKING

AN AVERAGE PERSON WORKS 40 HOURS A WEEK AND GETS TWO WEEKS OF VACATION EVERY YEAR



# priorities

from my list to my life



*God*  
*Family*  
*Church*

**JOIN MUSC'S**

PURPOSE

**CHALLENGE**

---

CULTIVATING A COMMUNITY  
OF PURPOSE AT MUSC

Please rate the extent to which you agree or disagree with the following statement:

**"I have a purpose and direction in my life."**

- Strongly disagree
- Somewhat disagree
- Neither agree or disagree
- Strongly agree
- Somewhat agree
- Disagree
- Agree

# What are some of the core values that mean the most to you? Pick 3

Achievement

Community

Creativity

Enjoyment

Expertise

Independence

Kindness

Relationships

Reputation

Responsibility

Security

Self-Control

Spirituality

Tradition

Vitality

# What roles do you play in your life?

Parent

Spouse

Partner

Grandparent

Sibling

Son /  
Daughter /  
Child

Caregiver

Friend

Employee

Colleague

Teammate

Manager

Leader

Neighbor

Community-  
member

Student

# What goals do you have for yourself?

Pick up to three that are important to you.

Be happy

Be healthy

Be less stressed

Sleep better

Eat better

Be more active

Be more mindful

Be more productive

Be more engaged

Have more energy

Improve my life balance

Improve my finances

Be more connected

Give back to my community

Make an impact at work

A purpose is simply a big goal that you deeply value.

As you think about your purpose, consider how it might reflect your values, roles and goals.

**My Values:** Community, Enjoyment, Relationships

**My Roles:** Parent, Partner, Colleague

**My Goals:** Be healthy, Be more engaged, Improve my life balance

**A purpose in my life is...**

# A purpose in my life is...

R.B, Ambulatory Services – **“to seek joy in everything that I do!”**

G.L, Patient Navigator – **“To end racial inequality”**

B.B., Assistant Professor – **“to walk the journey alongside individuals from a place of brokenness to a place of healing”**

F.G, Human Resources – **“To make life better for the people I love”**

J.S., Medical Student - **“To be a community member and future physician that spreads love and healing through kindness and vitality, to gain a sense of happiness and connection through my work for others, to support my own spirituality and vitality in ways that reduce stress to increase balance and happiness”**

L.R., Post Doc Fellow – **“to be supportive and kind in all my roles, but to remind myself to responsible for my health and happiness”**

A.F, Critical Care Nurse – **“to help other people by treating them with love and kindness”**



"A half  
HOUR WALK  
CAN PROVE *wildly*  
MORE  
PRODUCTIVE...

... Than STAYING  
LATE AT  
WORK."

# BLUE ZONES

LONGEVITY HOTSPOTS

LOMA LINDA  
CALIFORNIA

NICOYA  
COSTA RICA

SARDINIA  
ITALY

ICARIA  
GREECE

OKINAWA  
JAPAN

## BLUE ZONE LIFE LESSONS



MOVE NATURALLY



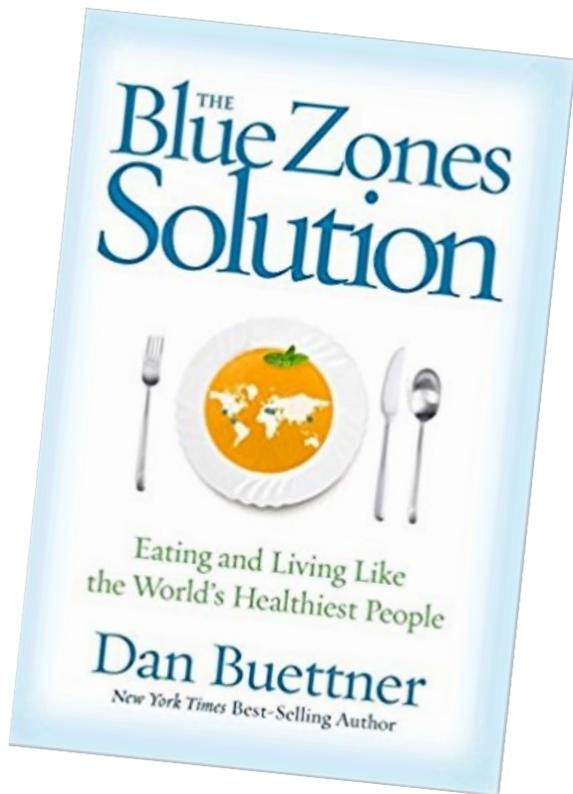
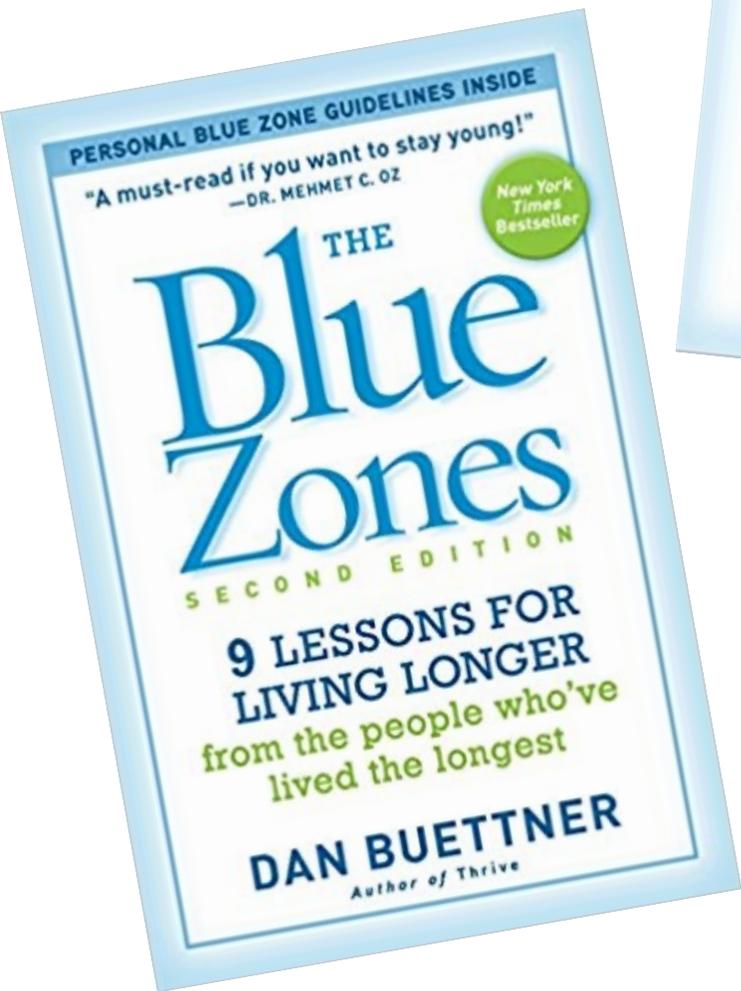
RIGHT TRIBE



RIGHT OUTLOOK



EAT WISELY





BLUE ZONES PROJECT  
by HEALTHWAYS

**MOVE NATURALLY**



**MOVE  
NATURALLY**

Power 8

**move naturally.**

We can get more physical activity naturally if we live in walk-able communities, de-convenience our homes and grow gardens. Walking is the best activity for longevity.





## STRESS LESS WITH PURPOSE

Living life with purpose can help everyday stressors fade away. People who have found their purpose report fewer health conditions and higher levels of happiness.

[bluezonesproject.com](http://bluezonesproject.com)

THE TWO MOST IMPORTANT  
DAYS IN YOUR LIFE ARE  
THE DAY YOU ARE BORN,  
AND THE DAY YOU FIND  
OUT WHY.

MARK TWAIN



Power 9<sup>®</sup>

# down shift.

To reverse chronic inflammation caused by stress, find time each day to meditate, nap, pray, or enjoy a happy hour.





*eat*

**WISELY**



BLUE ZONES PROJECT<sup>®</sup>  
by HEALTHWAYS

**Cook Up a Plant Slant Recipe**

80 percent rule.

Power 9<sup>®</sup>

Cut 20 percent of your calories with evidence-based practices: eat a big breakfast, eat with your family, use 10-inch plates and stop when you feel 80 percent full.



Eat food.  
Not *too* much.  
Mostly plants.

Michael Pollan,  
In Defense of Food



# wine at 5.

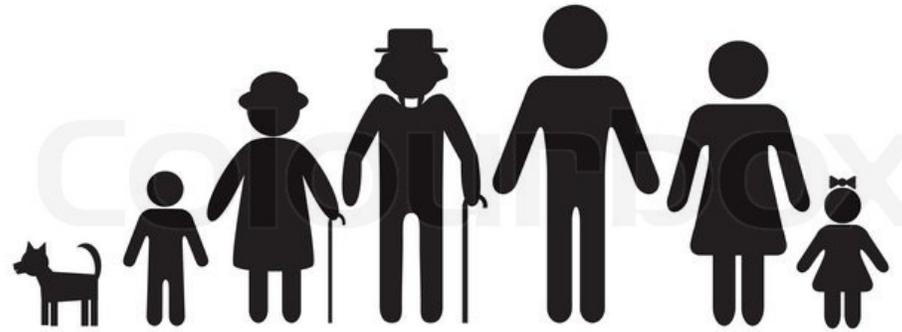


If you have a healthy relationship with alcohol, one to two glasses of wine daily could help add years to your life, especially when consumed with a healthy diet.



# family first.

Living in a thriving family is worth a half-dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship and keep your aging parents nearby.



# belong.

Recommit or reconnect to your faith community, or explore a new one.

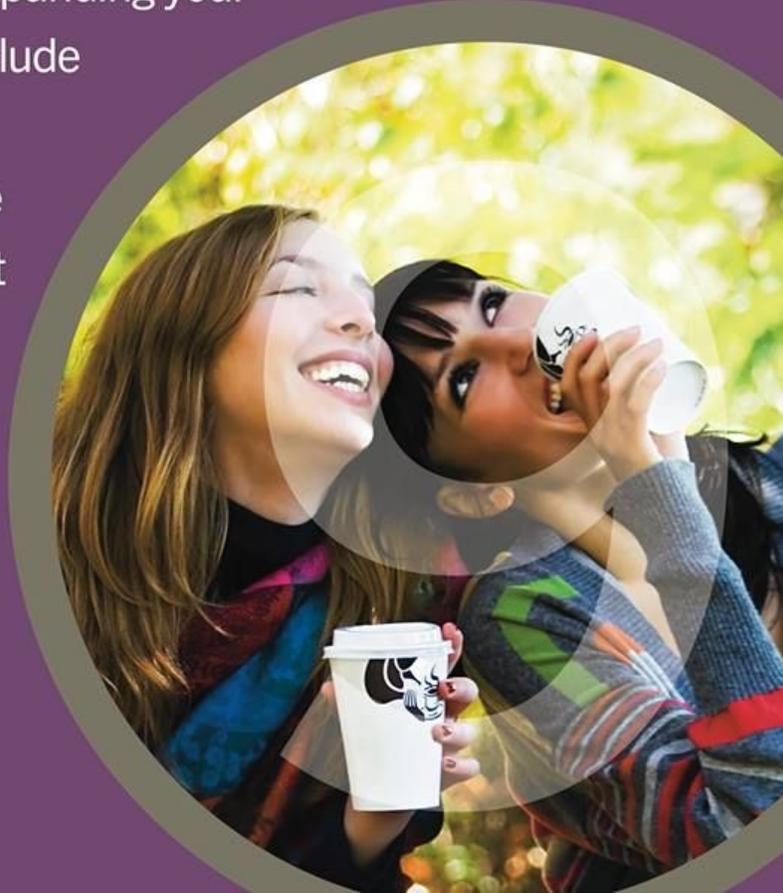
No matter which faith, studies found that people who devote time to their faith community four times a month live an extra 4 – 14 years.



Power 9®

# right tribe.

Your friends have a long-term impact on your health and longevity. Taking stock in who your friends are and expanding your social circle to include healthy-minded, supportive people might be the most powerful thing you can do to add years to your life.



~~I'm tired~~  
~~It's too cold~~  
~~It's too hot~~  
~~It's RAINING~~  
~~It's too late~~  
Let's go

# Physically Active Workplace

## Walking Trails

### MUSC Medical Mile

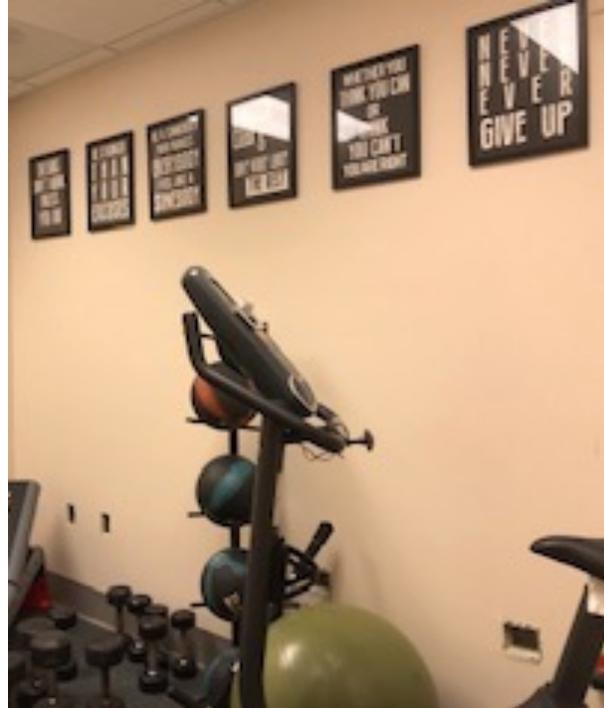
Need a break? Try adding a Wellness Break into your daily routine. Take a walk around campus following the MUSC Medical Mile. Ashley - Calhoun - Courtney - Bee. Start anywhere and make a loop back to the beginning.

### Indoor Wellness Walk

Located on the second floor connected corridor of several MUSC buildings. The total length from beginning to end (from the Dental Clinic building to Rutledge Tower) provides a half mile of climate-controlled walking. A cool one-mile round trip. Start anywhere and end at any point.



Located on the second floor connector.



## MUSC **FITNESS ON CALL** WORKPLACE WELL-BEING PROGRAM

The MUSC Office of Health Promotion has allocated fitness equipment that will be utilized to install "Fit Kits" into existing departmental call rooms across the Enterprise.

### Each Fit Kit will include the following items:

- Bosu Ball Balance Trainer
- Free weights
  - (a minimum of one light and one heavy set of dumbbells; however more are available at request)
- Fitness/yoga mats
- Medicine Balls
- Ab Dolly
- Collapsible weight bench/step



# MUSC Wellness Center

- **Employee Membership**
- Employee Member: \$76 monthly
- Employee Spouse/Dependent (up to 26): \$68 monthly
- One-time Enrollment Fee: Employee Member: \$85
- **Employee Xpress Membership**
- This membership is \$50 monthly with limited hours
- One-time Enrollment Fee: \$35
- **New Extended Hours for Xpress Membership**
- Monday - Friday 11:00am - 3:00pm
- Monday - Thursday 6:00pm - 10:00 pm
- Friday 4:00pm - 7:00pm
- Saturday - Sunday 9:00am - 1:00pm



SPONSORED BY THE CHARLESTON  
HEALTHY BUSINESS CHALLENGE



# ADVENTURE OUT

## 2021 outdoor yoga series

Enjoy the benefits of "green exercise" during a free outdoor all-levels yoga class in one of Charleston's most beautiful parks!



### WHEN:

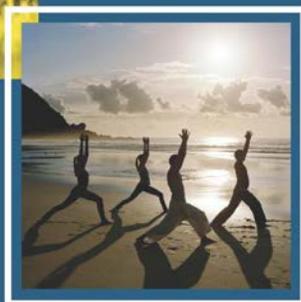
- February 20
- March 27
- April 17
- May 1
- June 26

### WHERE:

- Hampton Park Gazebo

### TIME:

- 9:00 am - 10:00 am



### Health & Safety

- SAFE SOCIAL DISTANCING WILL BE ENFORCED AT ALL TIMES THROUGHOUT CLASS.
- MASKS REQUIRED UPON ARRIVAL & DEPARTURE TO CLASS.
- PPE & HAND SANITIZER WILL BE AVAILABLE ON SITE FOR ALL CLASS PARTICIPANTS .

For more information visit:

[www.facebook.com/muscadventureout](https://www.facebook.com/muscadventureout)



# ADVENTURE OUT

TURN OVER A NEW LEAF





MUSC  
Meditation  
Labyrinth

**MUSC EMPLOYEES RECEIVE 70% OFF  
ALL RIDES WHEN REGISTERED WITH  
THEIR MUSC EMAIL ADDRESS!**



**LimeBike**  
Your ride anytime



# Healthy Food Environment

- Access – healthy food options, 24/7
- Criteria for offerings (retail, patient, vending, external vendors)
- Marketing
- External Vendors – scheduling, location, revenues, offerings, health & sustainability practices, advertising.
  - Food Trucks
  - Gift Shops
  - Vending
  - Fundraising Food Sales
  - Catering
  - MUSC Sponsored Events

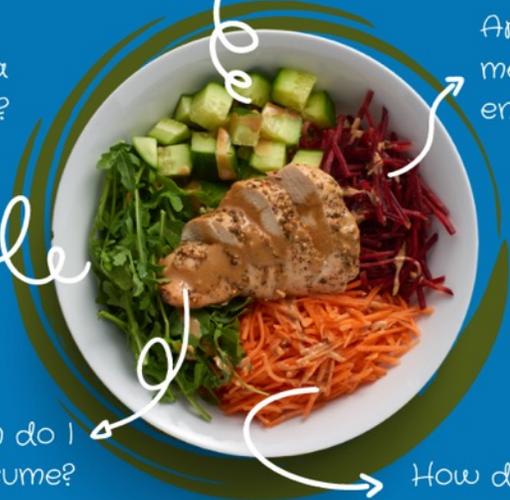


# Curious About How to Improve Your Health & Wellbeing Through Nutrition?

- You can find support and guidance for your health-oriented journey in our Nutrition channel on Imagine U!
- You'll enjoy nutrition advice, helpful tips, recipes and much more led by a Registered Dietitian in a friendly, supportive environment. You can like, comment, or benefit anonymously from the comfort of your home or work office.

[To "Join or create a team" in MUSC Microsoft Teams and enter the code u1due22.](#)

2021.



How much water should I be drinking?

Should I be eating a plant-based diet?

Are there specific meals that can boost energy?

How much protein do I need to consume?

How do I reduce my risk for heart disease?

## Ask a Dietitian!

SUBMIT YOUR QUESTIONS TO MUSC OFFICE OF HEALTH PROMOTION'S WELLNESS DIETITIAN

# MUSC CSA Program

- The [Gruber Family Farm](#) Spring/Summer & Fall/Winter Shares available on MUSC's downtown location!
- 10-week delivery
- Small, medium, and large shares/boxes are available.
- Pick up Tuesdays at the lower lobby in the [MUSC Wellness Center](#), from 6 am to 9 pm.
- Visit [www.grubercsafarm.com](http://www.grubercsafarm.com) for more information or to join.





**Fields Farm Weekly Farmers Market  
on the CMD Greenway**

*Convenient shopping and unbeatable  
produce prices!*

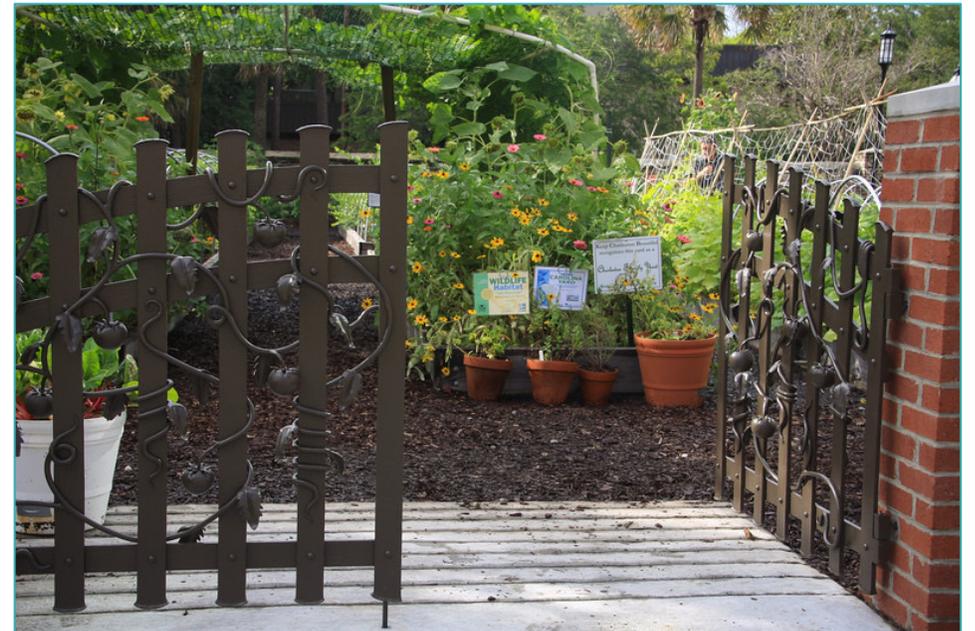
Every Monday 9am-3pm

“ Our entire  
farm is certified  
organic. And people  
come to the market  
asking for organic  
and chemical  
free. ”





The MUSC Urban Farm is designed to be a living classroom where students, faculty, staff, and the community come together to explore the connection between food and health through hands-on learning about the many varieties of vegetables, fruit, and herbs grown in South Carolina.





Salsa  
Baba Ghanoush Cowboy Caviar  
Tuesday July 12  
12pm - 1 pm  
MUSC Urban Farm | 29 1/2 Bee Street  
MADE WITH FONT CANDY



**Okra** MUSC URBAN FARM

**Plant:** Soak okra seeds in warm water for twenty-four hours before planting and keep the soil temperature at 24°C (75°F) or above. Soil should be fertile and high in potash. Transplant okra in a sunny location after last encourage early pod set. Okra is a tropical plant therefore requiring warm weather conditions.

**Grow:** Okra should be sown late in the spring or early summer when the ground is warm. Okra should then be thinned so the plants are spaced 12 to 18 inches apart. Keep moist and fertilize well.

**Harvest:** Okra is a tall and attractive plant, okra grows very quickly and should be harvested frequently while it is still tender. Harvesting every few days will prevent toughness. For most tender and flavourful quality, harvest okra when pods are 3-4" long and cook as soon as possible. Pick okra on a weekly basis to encourage continual fruit set.

**Nutritional Information:**  
Okra is fat free, cholesterol free, low in calories.

# MUSC Urban Farm Kitchen Grand Opening Event

Thursday, February 28th  
4:00-6:00 pm  
MUSC Urban Farm

This free event will include a D.I.Y. pizza station where attendees are invited to create their own wood fire pizza using garden-fresh and locally sourced ingredients in the newly-built Cob Oven.

The event will also feature:  
Complimentary refreshments, farm tours,  
culinary demos & more!

FOR MORE INFORMATION VISIT:  
[WWW.FACEBOOK.COM/MUSCURBANFARM](http://WWW.FACEBOOK.COM/MUSCURBANFARM)





# WORK & LEARN VOLUNTEER OPPORTUNITIES



## WEEKLY SESSIONS

WEDNESDAY 9AM-12PM

THURSDAY 3PM-5PM

1ST AND 3RD SATURDAYS

9AM-12PM



SCAN TO SIGN UP

ALL AGES WELCOME TO PARTICIPATE IN  
SOCIALLY DISTANCED 1 TO 3 HOUR  
VOLUNTEER OPPORTUNITIES EACH WEEK.

SIGN UP & DETAILS HERE:

[HTTPS://SIGNUP.COM/GO/GTRTSUW](https://signup.com/go/gtrtsuw)

QUESTIONS: [URBANFARM@MUSC.EDU](mailto:URBANFARM@MUSC.EDU)



## MUSC Urban Farm 2022 Calendars

*12 months of original artwork, recipes, and gardening tips & tricks*

For Sale

\$20

Email [urbanfarm@musc.edu](mailto:urbanfarm@musc.edu) for purchasing

Cash, Check, Credit Card, Apple Pay accepted

MUSC URBAN FARM



10<sup>th</sup> ANNIVERSARY





# URBAN FARM LUNCH & LEARNS

Join us at the Urban Farm for a 20 minute informational followed by open time for discussion, Q & A, and exploring the farm.

Sessions start at 12:05 pm.

Bring your lunch and come join us for fun (and education) at the farm!

## November 9

- Sugar & Alternative Sweeteners
- Enjoy a naturally sweetened lemonade

## December 7

- Cooking with Herbs and Spices
- Enjoy a warm herbed mocktail



RSVP TO [NANCEL@MUSC.EDU](mailto:NANCEL@MUSC.EDU)

# IT'S THYME TO PLANT



Come plant some herbs with us!

First 200 MUSC employees will receive a free plant!

Date: November 1, 2022

Time: 7 a.m. to 12 p.m.

Location: Urban Farm 39 Bee Street, Charleston, SC

Learn More:

<https://redcap.musc.edu/surveys/?s=JK8NXA7XPYMDDAEL>





# Kids Eat Free



- We are proud to be the first hospital in South Carolina to ever participate in a summer feeding program, serving over 25,000 meals since 2015 in an effort to alleviate hunger in the South Carolina!
- We used the offer-vs-serve model, which allows the child to CHOOSE.
- We were able to prove that the program is financially sustainable and documented food preferences.
- Created “Serving Summer Meals in Health Care Institutions: An Implementation Guide” as a resource for other institutions.
- COVID restrictions led to new partnership with Lowcountry Food Bank - 2021 & 2022 summer meals served: 974 at SJCH; 3632 at SMP
- Plans to expand to RHN in 2023



# MUSC e.a.t.s. (ensuring access to sustenance)

- On-site emergency food pantries
- SJCH ED pantry opened November 2021
  - 2297 pounds of food provided
  - 838 family members served
- SMP opened July 2022
  - 312 pounds of food provided
  - 75 family members served
- Working with SDOH Committee on expanding food security resources



## IP 770 Culinary Health and Wellness



After taking this class, 91% of students indicated that they are more likely to talk to their patients about food and health, and 100% felt more confident to talk to their patients about these topics.



Chefs demonstrate ingredient handling and preparation techniques.



Over the course of the class, students can expect to prepare over 40 recipes of varying complexity that exemplify the tenets of the dietary pattern being studied each week.



Classes focus on macronutrients paired with evidence-based dietary patterns and the diseases they mitigate.

## PREVENTATIVE CARE ON CAMPUS: Monthly Worksite Biometric Screenings

- MUSC offers on-site biometric screenings for all Care Team Members to participate in while at their worksite.
- The screenings are conducted on a monthly basis on MUSC's main campus and are facilitated by the Doctor's Care Mobile Wellness Team
- The Basic Screening (a \$300+ value in most health care settings) *is provided free of charge* to MUSC employees, retirees, COBRA subscribers, and their covered spouses if their primary coverage is the Blue Cross Savings Plan (or MUSC Health Plan)-- zero copay applies to one screening annually

### Updated 2022 Schedule:

October 7-Wellness Center Auditorium  
November 10-Wellness Center Auditorium  
December 2-Wellness Center Auditorium

### "KNOW YOUR NUMBERS" WORKSITE WELLNESS SCREENINGS

• **OCTOBER 23**

7:00-11:00 AM  
WELLNESS CENTER AUDITORIUM



- FREE FOR ALL EMPLOYEES & DEPENDENTS ON THE MUSC HEALTH PLAN
- QUICK, CONFIDENTIAL & CONVENIENT
- ADDITIONAL LABS & SCREENINGS AVAILABLE
- EMAIL [MUSC-EMPWELL@MUSC.EDU](mailto:MUSC-EMPWELL@MUSC.EDU) FOR MORE INFORMATION

## MUSC Resiliency Program

*Helping All Care Team Members Live Their Best Work Life*



## Living Your Best Work Life Self-Care Support Sessions with Tenelle Jones

---

- For All MUSC Care Team Members
- **Every 4<sup>th</sup> Wednesday of the Month**
- **12 p.m. to 12:30 p.m.**

For more information or questions contact:

Tenelle O. Jones LMFT, LAC

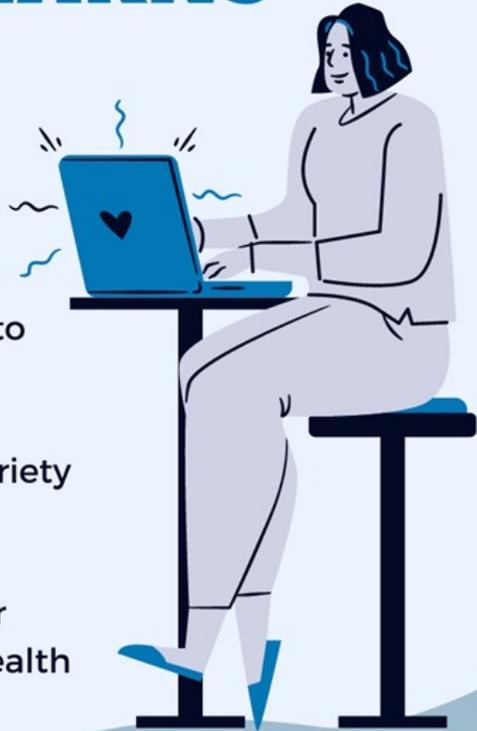
[jonesten@musc.edu](mailto:jonesten@musc.edu)

843-364-7798

# MUSC BUSINESS HEALTH VIRTUAL LUNCH & LEARNS

MUSC Business Health is committed to improving the health of the community and to delivering health education through a monthly lunch-and-learn series covering a wide variety of health-related issues.

Each month an MUSC provider will be featured to discuss a health or wellness topic.



Health and Wellness Institute

## MANAGING STRESS & BURNOUT

Mindfulness can effectively improve stress and burnout-related depression and anxiety and regulate emotions.



### Four-Week Introduction to Mindfulness

- Virtual and in-person sessions
- Mondays at noon
- New series each month: Start dates include 9/12, 10/10, and 11/7
- Series cost: 8 sessions for \$90

**Sign Up Today**

**843.985.0802**

**[musc.co/burnout](https://musc.co/burnout)**

## Free Mental Health Services Through PEBA



Take a look!

This new mental health online program offers State Health Plan (PEBA) members services to reduce anxiety, stress, depression and burnout for free.

The 12-week program includes daily chat support from a licensed therapist, a biofeedback device, anonymous peer and psychiatrist support, mindfulness practices, and habit-changing activities for sleep, nutrition, and more.

Meru Health's program is available at no cost to eligible members 18 or older for select health plans.

[Home](#)[Location and  
Office Hours](#)[Appointment  
Availability](#)[MUSC EAP  
Faculty and Staff](#)[What is a CEAP](#)[Services for  
Employees](#)[Services for the  
Organization](#)[Confidentiality](#)[The EAP Buyer's  
Guide](#)[Return on  
Investment](#)[Pricing](#)

## Welcome to your on-line EAP resource

Welcome to the Medical University of South Carolina Employee Assistance Program (MUSC EAP). We develop exceptional, dynamic and customized employee assistance programs for our client companies. At MUSC EAP we know that employees are an organization's most valuable asset. Our goal is to assist organizations in improving the health, performance, morale, job satisfaction and the overall quality of life of employees. We believe that having an integrated employee assistance program is an essential tool for an organization to address employee wellness and therefore their productivity. Mental health, substance abuse and personal issues greatly impact employee productivity resulting in increased errors, accidents, absenteeism and difficulty getting along with co-workers. This eventually affects the overall morale of the workgroup. MUSC EAP offers a confidential, effective and compassionate way to help troubled employees. Our philosophy is to make management consulting and employee counseling services readily available so that employees who are experiencing challenging life events, emotional difficulties or psychological issues can get help before problems escalate and begin to harm job performance.



Jeni Bowers-Palmer  
M.Ed., LPC, CEAP  
Director of  
Employee Assistance

## Why choose MUSC EAP?

MUSC EAP is uniquely positioned within MUSC's Department of Psychiatry and Behavioral Sciences with access to nationally recognized psychiatrists, psychologists and the MUSC Institute of Psychiatry (IOP). The IOP provides the most thorough, research based care available for a full range of psychiatric problems.

MUSC EAP started out as an in-house employee assistance program that is an integral part of the Medical University of South Carolina's university and hospital system. We treat all of our external client companies the same way. We custom design a company's EAP based on their industry, corporate culture, mission and environment. We want not only to provide employee assistance services but to partner with an organization to become a vital part of their team. With us you get external employee assistance program that feels like an internal one.

# IMAGINE U:

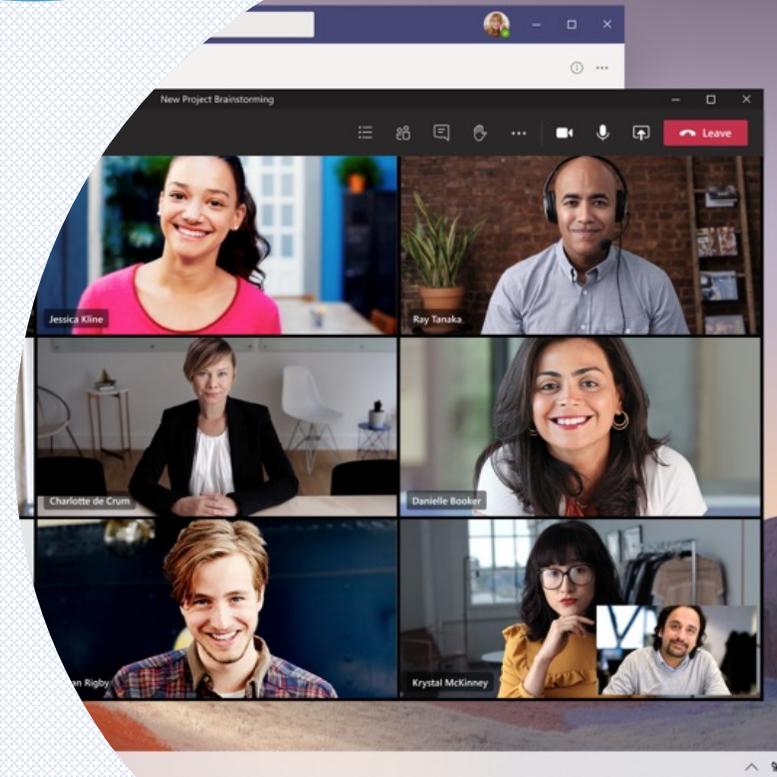
BUILDING WELL-BEING TOGETHER

Imagine U  
Building Well-being Together

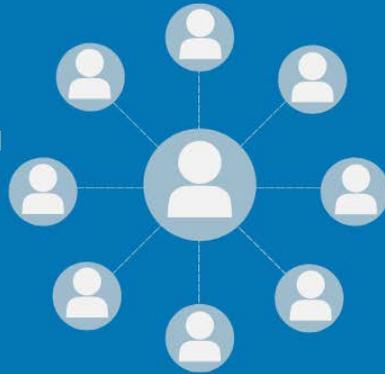
Join the new &  
improved MUSC  
Imagine U Employee  
Wellbeing Program!

## Imagine U: Employee Wellbeing Program

- Nutrition
- Physical activity
- Mental & emotional health
- Personal wellbeing challenges & community building



# GET SOCIAL WITH OHP!



[WWW.MUSC.EDU/OHP](http://WWW.MUSC.EDU/OHP)



MUSC OFFICE OF  
HEALTH PROMOTION



@MUSC\_OHP



"WELLNESS THIS WEEK"

<https://bit.ly/3gvF9CE>



# STAY IN THE KNOW

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*Mary Poppins*  
PRACTICALLY  
PERFECT  
IN

*Every way*

EXCEPT WITH HER DIET.  
I'M PRETTY SURE SHE  
ATE JUNK FOOD EVERY  
ONCE IN A WHILE.  
I MEAN, SHE ORDERED  
CAKE & TEA AT THAT  
PENGUIN RESTAURANT.  
PLUS SHE WAS PUSHIN'  
SPOONFULS OF SUGAR  
**LIKE IT WAS**  
GOIN' OUT OF STYLE.

The 80/20 Rule...