Self-Care Activities



Exercise or Dance



Write a story

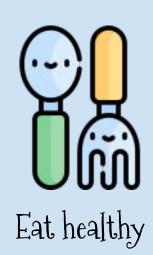


Call family & friends



Draw or Color







Create or Grow something

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Have a daily routine/schedule



Get enough sleep