

SELF CARE IDEAS



**LIGHT YOUR
FAVORITE CANDLE**



**OBSERVE
SOMETHING IN
NATURE**



**GIVE YOURSELF
A MANI/PEDI**



**GET YOURSELF
FRESH FLOWERS**



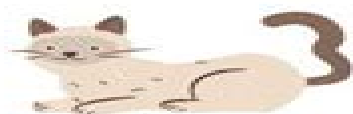
DO A PUZZLE



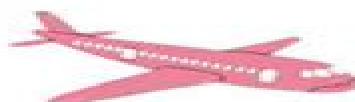
**MAKE YOURSELF A
HEALTHY MEAL**



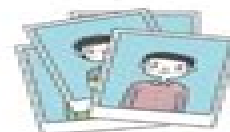
DO YOGA



**PET A CAT
OR DOG**



**START PLANNING YOUR
NEXT VACATION**



**REMINISCE ON
OLD PHOTOS**



**DRINK A GLASS
OF WATER**



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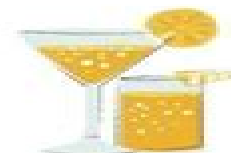
**DO A FACE
MASK**



**DRAW, DOODLE,
OR PAINT**



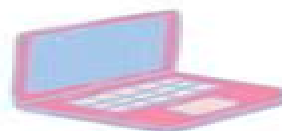
NAP



**MAKE
YOURSELF A
FANCY DRINK**



SING/DANCE



**WATCH YOUR FAVORITE
SHOW/MOVIE**

Ideas Self Help

TD Snyder

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the TD Snyder text.

Ideas Self Help:

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