

SELF CARE IDEAS



**LIGHT YOUR
FAVORITE CANDLE**



**OBSERVE
SOMETHING IN
NATURE**



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**GET YOURSELF
FRESH FLOWERS**



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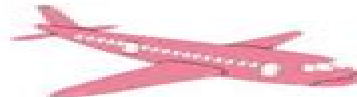
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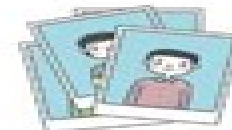
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**PET A CAT
OR DOG**



**START PLANNING YOUR
NEXT VACATION**



**REMINISCENCE ON
OLD PHOTOS**



**DRINK A GLASS
OF WATER**



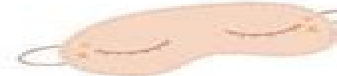
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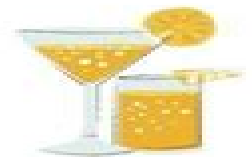
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OR PAINT**



**DO A FACE
MASK**



NAP



**MAKE
YOURSELF A
FANCY DRINK**



SING/DANCE



**WATCH YOUR FAVORITE
SHOW/MOVIE**

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