

SELF CARE IDEAS



**LIGHT YOUR
FAVORITE CANDLE**



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SOMETHING IN
NATURE**



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A MANI/PEDI**



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FRESH FLOWERS**



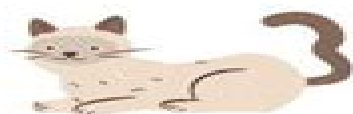
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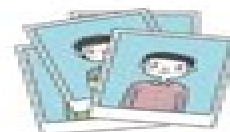
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**PET A CAT
OR DOG**



**START PLANNING YOUR
NEXT VACATION**



**REMINISCENCE ON
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OF WATER**



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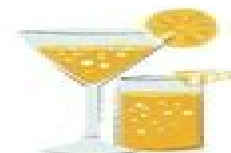
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MASK**



**DRAW, DOODLE,
OR PAINT**



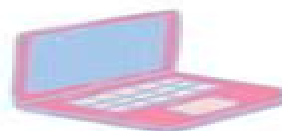
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YOURSELF A
FANCY DRINK**



SING/DANCE



**WATCH YOUR FAVORITE
SHOW/MOVIE**

Ideas Self Help

Nagendra Nath Ghosh



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