Things you can do to take care of you!



Things you can do to take care of you!

		Read
		Listen to Music
		Get some rest
		Color or Draw
		Journal
		Do something you
		love
		Watch a funny movie
		Dance
		Do something nice to
		someone
		Write down 3 things
		you are grateful for
		Eat healthy food
		Exercise
		Take a walk or ride a
		bike
		Be Creative
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