

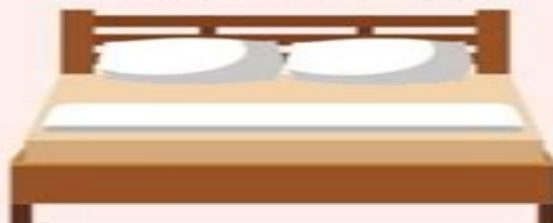
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self-care at home

SLEEP
7-8 HOURS



MAKE YOUR BED



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ESSENTIAL OILS



DRINK LOTS OF
WATER & TAKE
YOUR VITAMINS



STRETCH &
EXERCISE



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GRATITUDE JOURNAL



GET A
HOUSEPLANT



WALK OUTSIDE &
GET SOME VITAMIN D



GET CREATIVE



SKINCARE

HAVE A ZOOM
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W/ FRIENDS



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