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Self-Care

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| **Across****3.** Long list of assignments**4.** After sitting and doing work for hours**6.** When Your Bored**7.** At night when you feel warn down**12.** When your face is oily**13.** When you want to do something | **Down****1.** Cold rainy night**2.** When you are feeling tense**5.** After a long day**8.** Durning a loud free periods what can you do?**9.** After an exam**10.** When you are tired**11.** When you are hungry |