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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 |