|  |
| --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

self care

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| E | X | P | S | B | G | M | I | R | J | S | K | E | G | P | J | U | H | X | T | Q | N | S | F |
| W | A | T | C | H | N | E | T | F | L | I | X | Y | W | S | G | C | V | H | V | N | R | J | E |
| P | R | B | I | F | Z | W | A | L | K | Y | O | U | R | D | O | G | G | F | O | D | B | F | N |
| Q | P | A | Z | S | R | C | Z | T | G | Y | N | Q | F | L | B | H | H | F | V | O | U | N | G |
| G | S | K | K | I | H | T | C | K | C | P | T | E | D | X | R | E | B | H | Y | S | H | M | Q |
| J | E | E | M | L | N | Z | H | E | Q | R | Z | T | A | K | E | A | N | A | P | O | A | Q | X |
| U | G | Y | Y | T | X | U | T | P | K | M | I | X | E | C | S | Y | B | U | H | M | V | G | D |
| Z | B | S | J | A | U | A | P | E | A | T | S | O | M | E | T | H | I | N | G | E | E | O | G |
| K | X | V | Q | L | L | K | H | B | R | O | O | F | C | V | T | X | N | F | D | T | A | T | O |
| Q | G | N | B | K | K | E | Q | J | D | I | M | H | O | G | P | G | E | C | A | H | S | O | M |
| B | F | M | N | T | V | W | O | H | W | J | M | D | U | B | J | S | U | B | V | I | H | T | F |
| P | K | R | P | O | A | J | L | Y | U | O | J | L | D | Y | E | D | I | M | W | N | O | H | A |
| D | S | P | D | F | R | M | T | Z | P | W | K | P | L | A | I | I | F | R | F | G | P | E | C |
| B | Y | B | K | R | E | L | A | S | R | L | U | Q | E | M | I | U | Z | J | W | Y | P | P | E |
| I | Q | N | J | I | H | U | K | W | P | K | J | P | Y | E | G | L | Z | O | Y | O | I | A | M |
| P | N | N | Q | E | W | X | E | C | L | T | H | S | O | H | L | X | K | I | U | U | N | R | A |
| O | X | Y | A | N | Q | Q | A | U | X | H | T | K | U | P | Q | P | P | U | B | E | G | K | S |
| J | Q | O | D | D | B | O | B | P | X | B | L | J | R | Y | D | G | R | U | N | N | D | P | K |
| G | Z | P | H | S | M | K | A | T | X | H | T | N | D | S | E | Q | G | R | A | J | A | H | V |
| C | G | W | A | F | G | P | T | K | U | L | C | L | O | C | W | Z | T | V | K | O | Y | U | C |
| O | Z | R | Y | C | T | R | H | T | K | Z | C | B | G | M | A | Z | Q | L | P | Y | T | V | H |
| R | Z | P | A | K | S | T | X | E | B | Y | W | A | C | O | X | G | C | I | B | W | X | M | Q |
| E | F | O | C | U | S | O | N | Y | O | U | B | E | F | O | R | E | O | T | H | E | R | S | F |
| G | B | K | F | I | J | S | E | Q | N | B | W | D | Y | O | B | R | M | L | A | W | Z | R | J |

   focus on you before others       go to the park       have a shopping day       take a nap       bake       eat something       coudle your dog       face mask       walk your dog       watch Netflix       do something you enjoy       talk to friends       take a bath