

100 CREATIVE + FUN *SELF-CARE IDEAS*

- Go for a walk
- Take yourself out for coffee
- Cuddle with a pet
- Have an at-home movie night
- Listen to an uplifting podcast
- Bake your favorite dessert
- Take a relaxing self-care bath or shower
- Have a solo dance party
- Create a vision board
- Journal
- Make a DIY self-care jar
- Meditate
- Take a workout class
- Create positive affirmation cards
- Color or paint
- Do a puzzle
- Create art
- Make friendship bracelets

- Enjoy your favorite snack
- Go for a drive
- Do some yoga
- Turn your phone off
- Take some deep breaths in nature
- Take a nap
- Wear your comfiest clothes
- Read an inspiring book
- Read a fiction book
- Binge-watch a TV show
- Order takeout
- Make a to-do list
- Set some new goals
- Play a game
- Look through old photos and reminisce
- Write a letter of encouragement to yourself
- Tidy up your space

Get All 100



Ideas Self Help

Christian Drosten



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born in shkodra where he also attended his first lessons at the local jesuit college in 1918 his father send him to study in the jesuit directed cesare arici college in brescia and afterwards in bergamo then at the university of padua and became knowledgeable in albanian folk history he began to write under pseudonyms such as hilushi hilush vilza and borizani in the 1920s and 1930s koliqi was the founder of leading magazines in albania such as the illyria magazine

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