



10 SELF CARE IDEAS

GO OUTSIDE FOR A WALK

DO SOMETHING CREATIVE

SIMPLY WATCH THE SKY

START A BUCKET LIST

TALK TO AN OLD FRIEND

10 MINUTES OF MEDITATION

PRACTICE YOGA

TURN OFF THE TV & PLAY SOME MUSIC

COOK A HEALTHY MEAL

READ A CHAPTER OF A BOOK



Self Help Tips

SA Adler



Self Help Tips:

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A Physician's Complete Guide to Medical Self-care Timothy Rumsey, Orlo Otteson, 1981

The Unabashed Self-promoter's Guide Jeffrey L. Lant, 1983

Books of 1912-, 1922

American Cookery, 1925

Good Housekeeping, 1924

TV Guide, 1982-11

Well Advised, 1997

Really Writing! Cherlyn Sunflower, 2005-12-23 The second edition of Really Writing provides 40 real life writing activities that capture the attention of young authors grades 2 through 6 who are just learning the composing process This book is also a valuable resource for teaching advanced writers who are ready to experiment with a variety of writing and speaking genres Each of the Really

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