

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



Self Help Ideas

Siddappa N.Byrareddy



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Self Help Ideas Introduction

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rays so this is not a partial reflection which can only occur when light is going from a higher index of refraction to a lower one so $n_3 > n_4$

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web the change in direction of a beam of light as it travels from one material to another is called refraction the normal is a construction line drawn at right angles to the surface of the glass

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web 3 2 2 references what is reflection when a ray of light comes back into the same medium after striking the surface of another medium then the phenomenon is called reflection of light in other words reflection is the bouncing back of the light rays from a surface in the same medium what is refraction

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web 692 reflection and refraction of light p25 9 a as measured from the diagram the incidence angle is 60° and the refraction angle is 35° from snell's law $\sin \theta_1 / v_1 = \sin \theta_2 / v_2$ then $\sin 35^\circ / 2 \times 10^8 \text{ m/s} = \sin 60^\circ / v_2$ and the speed of light in the block is $2.0 \times 10^8 \text{ m/s}$ b the frequency of the light does not change upon refraction

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