



# 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

**Paul M. Insel, Walton T. Roth**



**Self Help Tips:**

Eventually, you will unconditionally discover a additional experience and skill by spending more cash. yet when? accomplish you endure that you require to get those every needs in the same way as having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more vis--vis the globe, experience, some places, in imitation of history, amusement, and a lot more?

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