

Self-Care survival tool kit.

S	D	R	I	N	K	W	A	T	E	R	T	R	N
W	R	I	T	I	N	G	D	L	X	U	E	S	O
E	W	R	Y	O	U	T	U	B	E	W	A	W	I
H	D	O	N	A	T	E	G	U	O	M	G	G	T
T	H	N	K	C	A	N	S	H	E	Y	N	P	A
A	E	I	E	O	I	B	S	N	A	I	I	A	T
B	L	N	B	H	A	H	I	E	W	O	K	I	I
E	P	G	S	A	G	C	G	A	N	G	L	N	D
L	I	A	C	K	O	G	R	U	M	E	A	T	E
B	W	B	O	I	Y	D	E	E	A	K	T	G	M
B	R	O	L	E	D	A	N	C	E	L	E	T	D
U	C	I	O	C	T	M	U	S	I	C	D	E	N
B	C	O	U	G	A	M	E	S	S	N	T	X	K
N	W	K	R	L	S	L	E	E	P	U	T	T	N

COOK
 SHOWER
 WRITING
 LAUGH
 GAMES
 PAINT
 YOGA
 COLOUR
 BUBBLE BATH
 DRINK WATER
 TEXT
 MUSIC
 MEDITATION
 CINEMAS
 YOUTUBE
 DRAWING
 SLEEP
 HELP
 TALKING
 WASHING
 SNACK
 IRONING
 DANCE
 DONATE

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