

At Home

5-MINUTE SELF CARE IDEAS



put out flowers



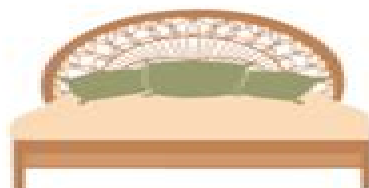
make art



organize a
bookshelf



do a photoshoot



change your sheets



play an instrument



clean



play with your pet



use an adult
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Ideas Self Help

Karin Nielsen-Saines



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