Self Nuturing

Watch a movie	Arts and Crafts	Drink a cup of tea	Think about happy memories	Read
Do something new	Watch TV	Take a walk	Cooking	Talk to staff
Visit your family	Watch a sunrise/sunset	**FREE**	Dance	Listen to music
Painting	Think about loved ones	Play cards	Go outside	Take a time out
Excerise	Deep breathing	Talk to a friend	Write in a journal	Drawing

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Self Nurturing

Watch a sunrise/sunset	Cooking	Think about happy memories	Do something new	Take a walk
Drink a cup of tea	Write in a journal	Read	Deep breathing	Talk to staff
Painting	Dance	**FREE**	Listen to music	Arts and Crafts
Go outside	Talk to a friend	Watch a movie	Drawing	Think about loved ones
Play cards	Take a time out	Visit your family	Watch TV	Excerise

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Self Nuturing

Deep breathing	Talk to a friend	Cooking	Take a time out	Dance
Watch a movie	Painting	Play cards	Watch TV	Read
Visit your family	Drawing	**FREE**	Think about loved ones	Go outside
Watch a sunrise/sunset	Talk to staff	Think about happy memories	Write in a journal	Drink a cup of tea
Listen to music	Arts and Crafts	Take a walk	Do something new	Excerise

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