B	I	N	G	O
joy	peaceful	relaxation	journaling	a nap
longsuffering	laughter	exercise	Mani/Pedi	catching up with a friend
love	self-care	CAREGIVER RULES!	shopping	hobby
patients	hugs	vacations	a good book	hair appointment
kindness	companionship	a good diet	favorite TV show	facial

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B	I	N	G	O
kindness	laughter	exercise	shopping	a nap
patients	self-care	relaxation	Mani/Pedi	hair appointment
love	hugs	CAREGIVER RULES!	a good book	catching up with a friend
longsuffering	peaceful	a good diet	journaling	hobby
joy	companionship	tap out	favorite TV show	facial

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B	I	N	G	O
love	peaceful	vacations	journaling	hobby
patients	laughter	tap out	favorite TV show	hair appointment
joy	self-care	CAREGIVER RULES!	Mani/Pedi	facial
kindness	hugs	relaxation	a good book	a nap
longsuffering	companionship	exercise	shopping	catching up with a friend

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