

|               |               |                  |                  |                           |
|---------------|---------------|------------------|------------------|---------------------------|
| 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                    |

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

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| love          | peaceful      | vacations           | journaling          | hobby                           |
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| joy           | self-care     | CAREGIVER<br>RULES! | Mani/Pedi           | facial                          |
| kindness      | hugs          | relaxation          | a good<br>book      | a nap                           |
| longsuffering | companionship | exercise            | shopping            | catching<br>up with<br>a friend |