

B	I	N	G	O
happiness	peaceful	relaxation	journaling	a nap
solitude	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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patients	self-care	relaxation	Mani/Pedi	hair appointment
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solitude	peaceful	a good diet	journaling	hobby
happiness	companionship	tap out	favorite TV show	facial

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