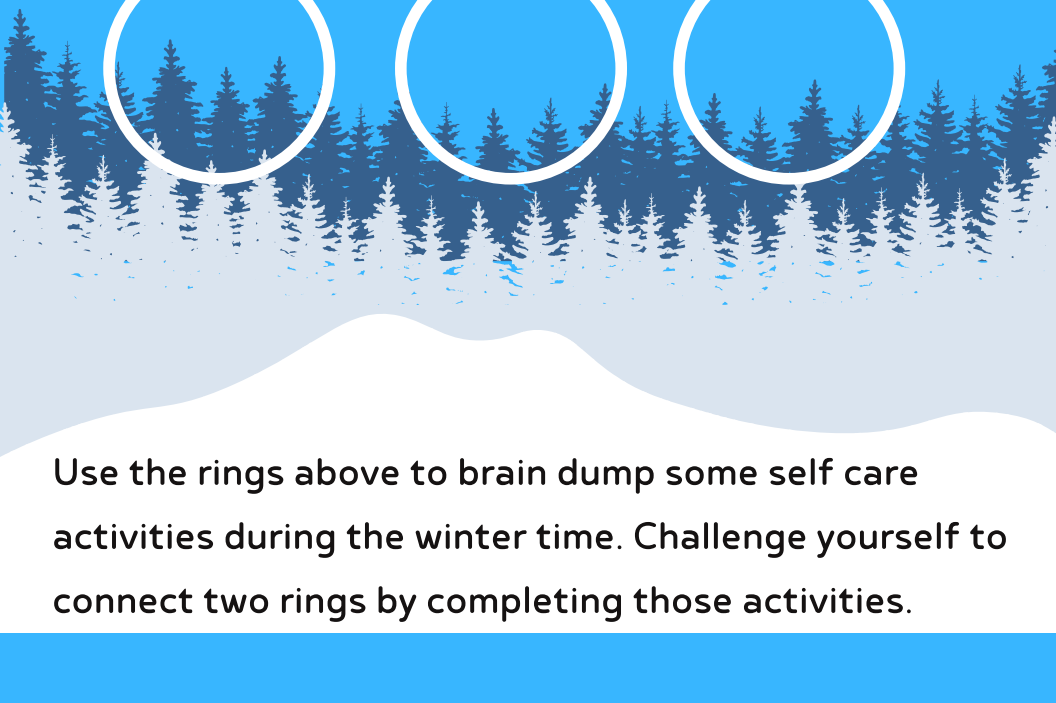




# Self Care Brain Dump

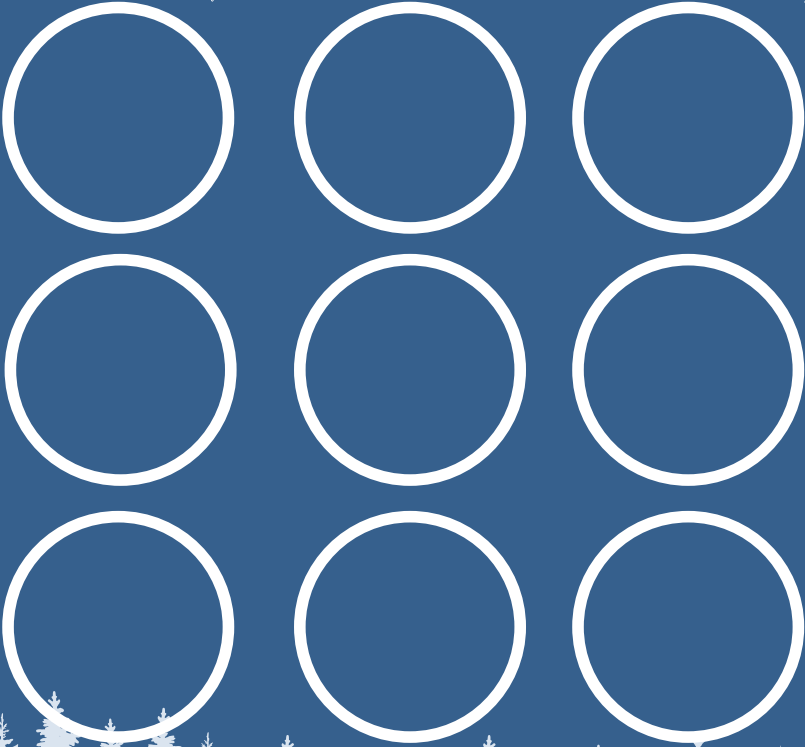


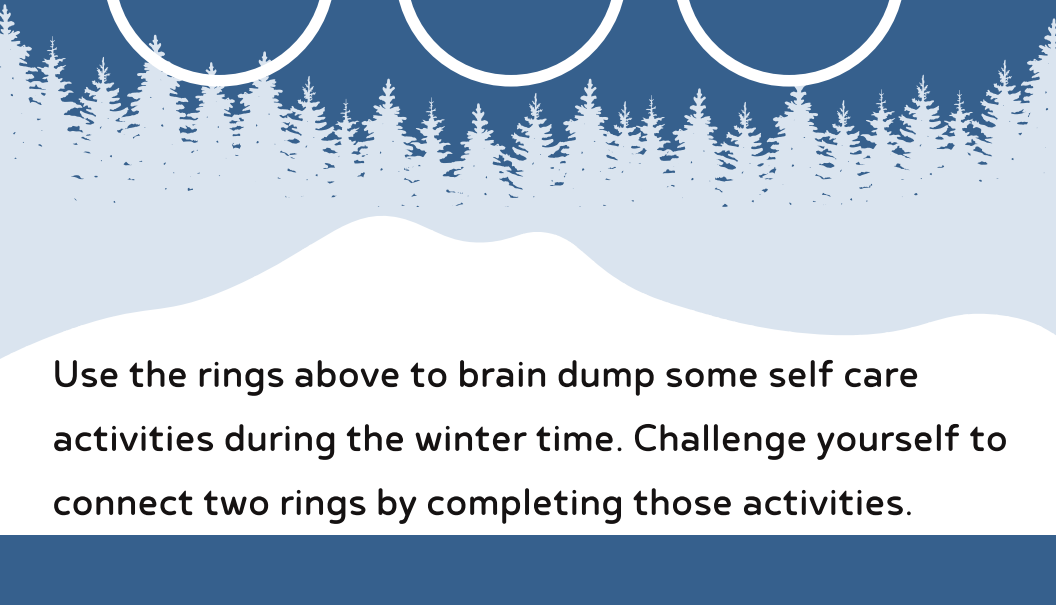



Use the rings above to brain dump some self care activities during the winter time. Challenge yourself to connect two rings by completing those activities.



# Self Care Brain Dump



Use the rings above to brain dump some self care activities during the winter time. Challenge yourself to connect two rings by completing those activities.