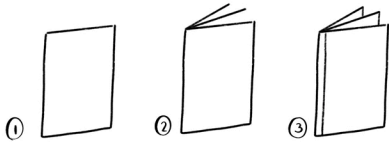
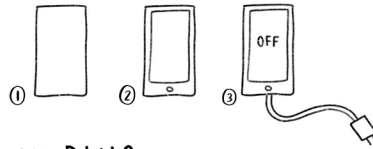


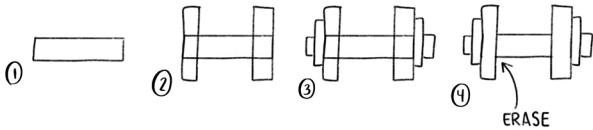
# 12 SIMPLE Self Care Doodles



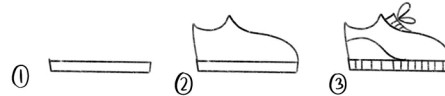
READ



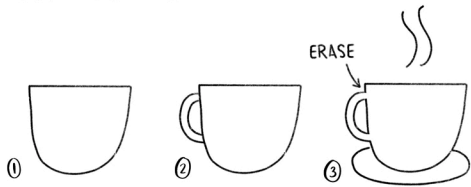
UNPLUG



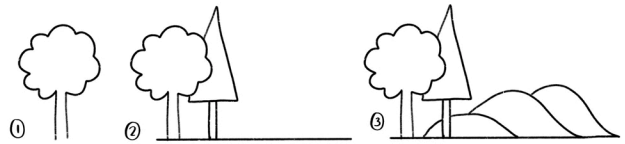
EXERCISE



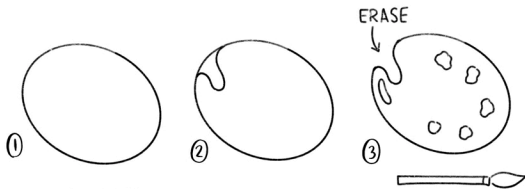
WALK



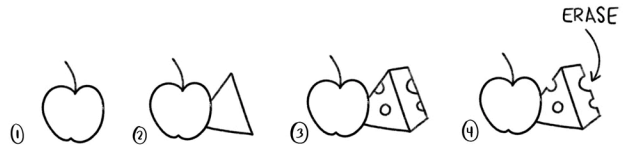
TEA / COFFEE



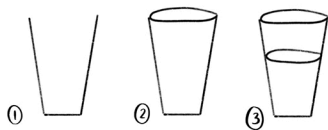
EXPLORE / SIT OUTDOORS



PAINT



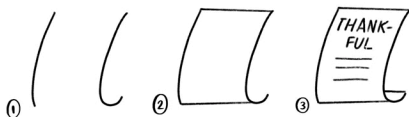
HEALTHY SNACKS



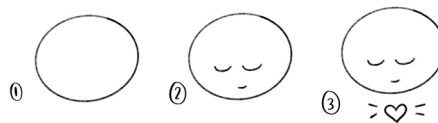
HYDRATE



NAP



GRATITUDE LIST



MEDITATE / PRAY