



12 ways to take care of yourself



Listen to music



Go for a walk



Colour in



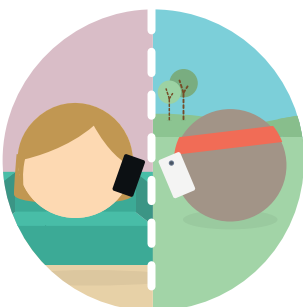
Hang out with your pet



Take care of a plant



Declutter



Phone a friend



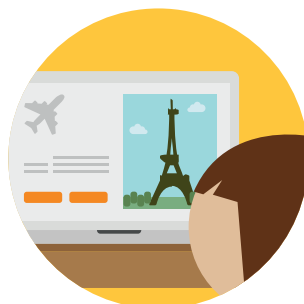
Learn something new



Meditate



Make soup



Plan a trip



Read a book