

Self Care Tips

E T A T I D E M V Y
S E N Y E V I T C A
E O S N Z B E A C H
L R J I B O O K S H
U G V A C A T I O N
D A R B N R Q F C P
E N A R I T E I D E
H I J E P P I X H E
C Z H A X R A D E L
S E E K I W A L K S

EXERCISE MEDITATE ORGANIZE SCHEDULE
VACATION ACTIVE BEACH BOOKS
BREAK SLEEP DIET WALK