

Self Care Ideas



LIGHT YOUR
FAVORITE CANDLE



OBSERVE
SOMETHING IN
NATURE



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DO A PUZZLE



MAKE YOURSELF A
HEALTHY MEAL



DO YOGA



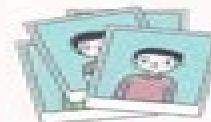
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OR DOG



START PLANNING YOUR
NEXT VACATION



REMINISCE ON
OLD PHOTOS



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OF WATER



DO A FACE
MASK



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OR PAINT



NAP



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YOURSELF A
FANCY DRINK



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SING/DANCE

Self Care Routine Update Tips

M. E. Bailey (M.C.P.)

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A Colour Guide to Holistic Oral Care Janet Griffiths,Steve Boyle,1993

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Comprehensive Care for People with Epilepsy Margarete Pfäfflin, 2001 Describes an approach to diagnosing and treating people with epilepsy though not confined to this condition with a view of the patient as an integral human being comprising both their seizures and the psychical and social situation. This book inquires into every treatment's goals whilst including the patients and their relatives subjective evaluations and perspectives. This includes early considerations of benefits versus risks for the patient the ultimate question being what quality of life will be attained and how much independent life and employment will be feasible. Comprehensive Care does not necessarily need to be associated with elevated cost as many epilepsy centres have enough knowledge, imagination and staff for this purpose the problem being how to combine and use existing resources most effectively. **Cognitive Therapy for Bipolar Disorder** Dominic Lam, 1999-08-25 Bipolar disorder or manic depression is a serious mental disorder which is likely to represent the next major area after psychosis for the wider application of cognitive behavioural therapy. *Consumers Confidential*, 1987

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