

# Taking Care of You Main Kit

ARTKIT-K1025-00065

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## Papers



## Embellishments





SELF-CARE

BE STILL

TAKE THE SCENIC ROUTE

BRAIN DUMP

VOLUNTEER

THERE ARE ALWAYS CAT VIDEOS

DEEP BREATHS

DECLUTTER

SPLURGE A LITTLE

PAY IT FORWARD

MEDITATE

TAKE A VACATION

TIME FOR YOGA

SLEEP IN

SPEND TIME IN NATURE

TIME TO UNPLUG

DANCE IT OUT

WATCH THE SUNRISE

TIME TO READ

EXERCISE

LISTEN TO MUSIC

GO FOR A WALK

TAKE A NAP

ENJOY THE PEACE

GO FOR A DRIVE

TAKE A BATH

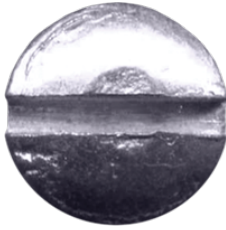
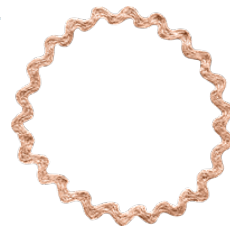
WATCH THE SUNSET

CALL A FRIEND

CRY IT OUT

DOODLE





mind, body, & soul **SELF CARE**  
*It's time to take care of you.*