

SELF CARE TO-DOS

monday tuesday

# BEING WELL WHILE DOING THIS WORK WELL

# BUILDING TRAUMA SENSITIVE SCHOOLS

SELF CARE TO-DOS

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wednesday thursday

SELF CARE TO-DOS

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friday weekend

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THINK REST, RELAXATION, CREATIVITY, MUSIC, MOVEMENT, FUN, YOUR PEOPLE/PETS, & ANYTHING ELSE THAT FILLS YOU UP!!! ☺

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